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DE GROOD TRIAL THE FAMILIES SPEAK OUT

metroNEWS



A new fire threat

FORT MCMURRAY

Wildfire forces the evacuation of camps to city's north

A precautionary evacuation cleared employees out of work camps north of Fort McMurray due to the threat of a quickly spreading wildfire Monday.

Non-essential personnel are leaving while others were staying to conduct work on the plant and engage in firefighting.

There are about 4,000 workers at 12 camps in the area, including many at Suncor and Syncrude.

Officials say another 500 to 600 people in four small camps along Aosstra Road are

under a mandatory evacuation.

Scott Long of the Alberta Management Agency says there is no panic and the evacuations are being done in an orderly manner.

Officials say thick smoke is also posing a hazard.

The Rural Municipality of Wood Buffalo said the fire was moving 30 to 40 metres per minute and was expected to burn six kilometres in two hours on Monday evening.

"This controlled, precautionary evacuation is an example why it is not safe to be in the Regional Municipality of Wood Buffalo at this time," the municipality said late Monday afternoon in a news release.

Earlier Monday, officials warned the air quality in the Fort McMurray area was dangerously poor.

THE CANADIAN PRESS

38

The air quality health index is normally one to 10, but the reading Monday morning was at 38.

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Secret Wish winnings paid forward to Fort Mac family

CHARITY

Grieving dad of two donates prizes after losing ex-wife

Lucie Edwardson
Metro | Calgary

When the going gets tough, in the case of Brad MacMillan, the tough get giving.

Just weeks ago, MacMillan's estranged wife was seriously injured in a car accident — dying the following day and leaving him a single parent to their two children, Jasmine, 8 and Gabriel, 4.

MacMillan said although they were separated, he and his wife Robyn Curtis, remained good friends and co-parents.

When people found out what had happened to their family, they wanted to do something for MacMillan to help him out, so someone nominated him for local radio station CJAY 92's Secret Wish — and he was chosen.

"I have no idea who submitted my name," he said. "It was a big surprise."

MacMillan said he got a call from CJAY 92 host, JD Lewis, who told him he'd won and surprised him with the winnings at his front door.

According to MacMillan,



Brad MacMillan and son Gabriel. MacMillan was nominated for CJAY 92's Secret Wish. After covering the funeral expenses for his estranged wife, he donated the remaining prize winnings to a Fort McMurray family recovering from the devastating wildfires. **CONTRIBUTED**

the prize was both cash and gift cards. He said after using the cash for the funeral and other expenses for his kids, he thought he should pay it

forward and re-gift the remaining gift cards to someone who needed it more. He then posted on the Fort McMurray evacuation relocation help group to

find a family in need.

"As much as I like to buy my kids new toys or myself new tools it's not something I absolutely need now. This family's

This family's needs will be taken care of and they can replace some of what they lost.

Brad MacMillan

needs will be taken care of and they can replace some of what they lost," he said.

MacMillan said just like in his situation, a family friend nominated the Fort McMurray family to receive his gift.

"They're a really great family and they could really use this right now," said MacMillan.

MacMillan said he and his son Gabriel were able to meet the family last week to give them the gift cards.

"They were so grateful," he said. "They're happy to see so many people willing to help right now."

Lewis said MacMillan's actions speak to the inherent giving spirit of Albertans, especially for someone also experiencing hardship.

"For him to automatically think of someone else is so, so incredible," he said. "We gave it to him because we wanted to help him, so for him to immediately turn around and find a way to help someone who has a greater need than you just speaks to his character, our province and our country."

RESCUE EFFORTS

Task force seeks funds to restock

Helen Pike
Metro | Calgary

A Calgary-based disaster response team has helped front about \$5 million in equipment and expertise that was sorely needed for the Fort McMurray fires.

Now, Chief Tom Sampson of the Calgary Emergency Management Agency says they need about \$3 million back to prep for more disasters, but are being asked to fill out a form to submit to their federal counterpart.

"I'll be straight, it's inappropriate to ask Calgary to fill out an assistance program application to apply to the government to get a portion of our cash back into place. That's inappropriate, we stepped up, we did the right thing when Albertans were in trouble, and frankly the federal government should write a cheque."

Calgary is home of Canada Task Force 2, the heavy urban search and rescue team currently on the ground thousands of kilometres away from the city.

"Our entire cache was taken to Fort Mac," said Sampson. "Last night we got a couple of those trailers back, the ones that weren't in use anymore. But we have a problem in the sense that we have to restock that cache."

The government of Alberta has been talking with Sampson about creating a provincial task force and adding it to the current Canada Task Force 2 in Calgary. He said the current program needs to be funded this year and next by the federal government.

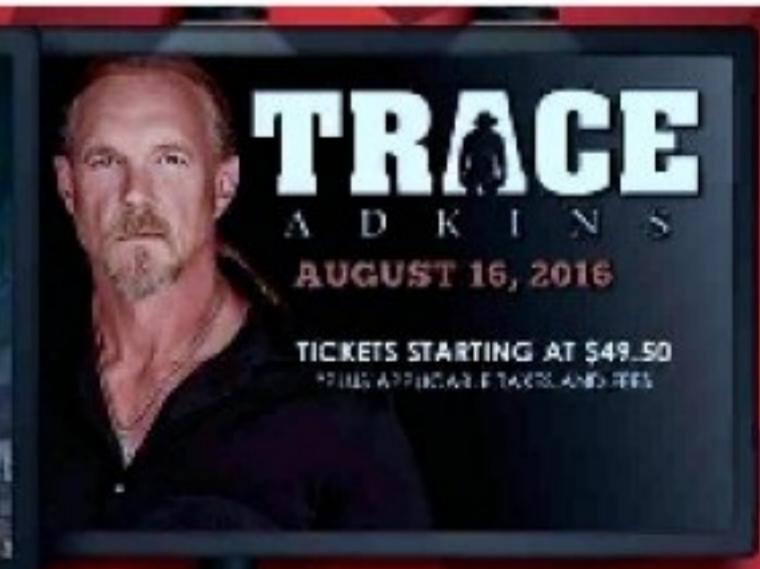


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CAMPING

Mobile website revamped

Nothing says camping in the great outdoors like reserving your camping spot on your smartphone.

While it's been an option before, Alberta Parks has revamped its reservation website with new features, making it more mobile-friendly.

Users will be able to make changes to their reservations or extend a stay, as well as booking new spots through the website.

Alberta Parks reservations are already up six per cent over this time last year. The province has processed 55,000 reservations so far.

Wildfire evacuees of Fort McMurray are asked to access free camping options through its contact centre by calling 1-877-537-2757 and not the Alberta Parks mobile feature.

Those who do wish to book sites for any time this season can visit the website at reserve.albertaparks.ca.

METRO STAFF

REGULATIONS

Secondary suite tweaks passed by council

Calgary City Council approved changes to secondary suite regulations on Monday.

Coun. Gian-Carlo Carra, who jointly brought forward the motion with Coun. Andre Chabot, said the changes got rid of bad regulations and replaced them with better ones.

"We've effectively removed the size requirements for in-house suites, particularly basement suites," said Carra.

BRODIE THOMAS/METRO



Family have identified the victim as Tyler Sanderson pictured here with his daughter Rose. FACEBOOK

CROSSWALKS

City pushed on safety



Helen Pike

Metro | Calgary

As the province preps 15 new schools in several Calgary communities, Coun. Shane Keating wants the city's transportation department to ramp up pedestrian safety in those areas.

On Monday, Keating asked transportation boss Mac Logan if crosswalks and playground zone signage could be painted and installed just as construction starts.

"They're typically high risk for collisions," said Keating. "Is it possible that painted crosswalks and playground zone signs be installed at the same time as construction commences, rather than waiting for that busy time, and putting them up just before the school opens."

Logan said signage is done close to the opening of the school because the city wants everything to look "fresh," but noted the 15 locations in Calgary should be ready for opening day.

"One of the other questions we've had in the past is why we don't put up signalized crossings in advance of the opening," said Logan. "That's because the Alberta government doesn't allow us to spend any of the capital money that flows through the school boards to do any traffic control devices in and around the school."

According to police, the man was transported to hospital where he later died.

Kupsch said police have been at the same home frequently in the past.

According to police this is not believed to be a random act and they're currently looking to locate people of interest in the case.

Police are asking anyone with information to come forward, and they can do so by calling the Calgary Police non-emergency line at 403-266-1234, or the Homicide Unit Tip Line at 403-428-8877.

That means unless the crossings by schools have already been identified by the city as problem spots, they won't get any sort of flashy lights or high-tech crossing help — just the standard sign and paint.

Keating said it's something the city should be looking into on its own basis.

Family names latest homicide victim

CRIME

Man died in hospital after being found beaten



Lucie Edwardson
Metro | Calgary

Calgary police homicide detectives are investigating after a man died in hospital as a result of an assault.

Officers were called to a disturbance in the 5500 block of Maddock Drive NE around 9:15 p.m. Sunday, and when they arrived on scene they found a man in his 20s who had been beaten. Police have since deemed the death a homicide.

Family have identified the victim as Tyler Sanderson, 24.

Sanderson's father, Dave Sanderson said he was very close with his son and they spoke every day. He said Tyler had been in trouble in the past, but nothing that would lead to something like this.

"He had a troubled life but he was getting his life together after the birth of his baby," he said.

Dave said Tyler lived in the home with his girlfriend and their daughter.

Dave "Dopey" Sanderson, Tyler's oldest brother, said he spoke with Tyler Sunday afternoon, and was planning on coming from Manitoba to visit his brother in the coming weeks.

He said as kids he and Tyler took on a lot of responsibil-

ity together, bringing them very close.

"Me and Tyler have a deeper respect for each other because we knew the value of a dollar and what hard work is," he said.

Holding back tears, Dopey said in the last conversation they had, Tyler expressed wanting to reunite their scattered family.

"He said, 'Let's get this family back together, Dave.'"

Ernie Kupsch, whose backyard shares an alleyway with the home where the man was found, said he was outside chatting with a neighbour when they heard a noise like a shot.

"I turned around and I saw this guy running away through the back alley," he said. "All of a sudden I heard a bunch of screaming — the women

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City transit defends park-and-ride plan

RESERVED PARKING

Mayor says council should explore idea

Helen Pike
Metro | Calgary

No more driving around Calgary Transit's park-and-ride for a spot that doesn't exist — at least, that's what administration is hoping to accomplish with an overhaul of the current model.

But it comes at a cost: the free parking spots currently available.

On Wednesday, administration is asking for councillors to consider moving towards a 100 per cent reserved parking model for Calgary Transit's lots, that's up from the current 50 per cent model.

Neil McKendrick, manager of transit's operational planning, said this can allow the market



Administration is asking for a system overhaul. HELEN PIKE/METRO

to set parking prices, and even make room for some free and low-cost spots for those willing to reserve ahead.

Currently the city has a 7,500 wait-list for the five most coveted stations, and according to McKendrick that's more spots than are available on the entire system.

"People really value being able to park near the end of the line, and they're probably willing to

pay for that," he said, adding that customers get frustrated circling for 30 minutes after 6 a.m. for the last free parking space.

Mayor Naheed Nenshi agrees that demand-based pricing and optimizing free spots depending on time of day is something that should be explored. He added the city should look at charging

people living outside of Calgary more for parking — because they don't pay property taxes.

"Making the lots 100 per cent reserved is a terrible idea and I think it goes exactly against our goal, especially in a time of declining ridership, which is to encourage people to take transit," said Nenshi. He related this situation back to the \$3 park-and-ride days, which he said discriminated against transit users.

McKendrick said the city has just over 13,000 parking spaces, so Calgary Transit needs to work to maximize those spots. "We just want to make it as fair as we possibly can to make that parking space available to those customers," he said.

Coun. Shane Keating said parking should be increased in partnership with the private sector to utilize off-peak times for those lots. "We are giving a service, but at the same time, can we offer that service for absolutely free when it's a very high-demand service?" asked Keating.

"The revenues generated would then allow for more parking at those specific locations."

PUBLIC TRANSPORTATION

Ridership targets dip due to economy

Taking the CTrain or bus is so 2013 — at least the ridership numbers are.

Coun. Richard Pootmans asked if changes are being made to help Calgary Transit reach its ridership target after the city noted a decrease in numbers due to the economic downturn.

Calgary Transit's ridership has decreased 4.8 per cent year-over-year so far in 2016, which is below the 2013 ridership rates. The downward ridership trend began in October of 2014.

Transportation boss Mac Logan said the city has adjusted ridership targets for 2016 to bring them down about 50,000 to 100,000 riders a month.

"We've done a number of things. We haven't decreased service — other than some very selective pulling of buses on individual routes."

Logan said they haven't cut hours of service and council



The number of riders has dropped 4.8 per cent year-over-year so far in 2016.

METRO FILE PHOTO

froze transit rates for 2016.

There's been a significant decrease in adult ridership, with a small increase in youth ridership. The UPass program has level participation and senior ridership also took a slight dip according to Logan. HELEN PIKE/METRO

We've done a number of things. We haven't decreased service.

Mac Logan, General Manager of Transportation

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PUBLIC SAFETY

Councillor raises alarm as crime spikes

**Helen
Pike**
Metro | Calgary

Residential break-and-enters are up 40 per cent, commercial break-ins 70 per cent, the theft of vehicles 63 per cent and theft from vehicles 61 per cent from last year.

This snapshot of Calgary's crime is concerning to Coun. Diane Colley-Urquhart, who pulled the item from the con-

sent agenda during Monday morning's council meeting.

Colley-Urquhart, who sits on the Calgary Police Commission board, said police have to change their deployment structure to meet the city's growing needs.

"As the resources are being stretched further and further to deal with these statistics, they're becoming more and more reactive and less community-based," said Colley-Urquhart. "It's something that all members of council have to keep an eye on as we

“Our sense of wellbeing and safety and security could ... become eroded.”

Coun. Diane Colley-Urquhart

move forward. The job of the Calgary Police Service is not getting any easier."

Mayor Naheed Nenshi asked if the stats are reflective of a slowdown in the economy or if these statistics were completely new to the service. He said he'd be interested in looking at long-term statistical trends.

Colley-Urquhart, who has been involved in policing in a civilian capacity since the 1990s downturn, said there are certain patterns, such as a rise in domestic violence, but more is expected of council in poor economic times.

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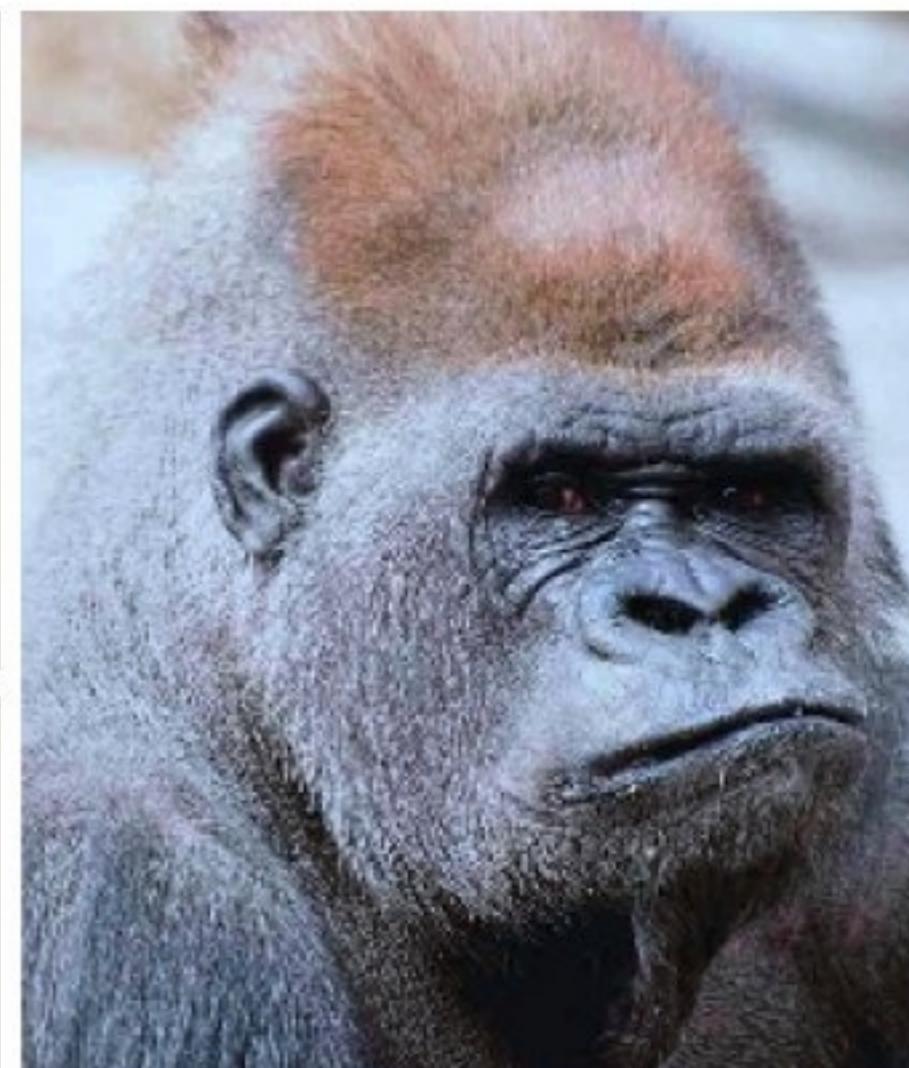
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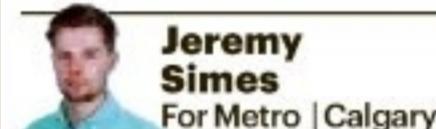


Kakinga, the Calgary Zoo's silverback gorilla, died Saturday after an aortic tear, the zoo said. CONTRIBUTED

Patriarch gorilla dies

CALGARY ZOO

Heart troubles bring down dad, leader of nearly 30 years

**Jeremy
Simes**
For Metro | Calgary

The Calgary Zoo's beloved gentle giant, Kakinga, was like most dads — he held his daughters close and liked to tease his sons.

Kakinga, 37, died Saturday night after he developed a large tear in his aorta, causing the sac around his heart to fill with blood, which stopped it from beating.

Dr. Malu Celli, curator at the Calgary Zoo, said Kakinga was kind, loving and a diligent leader.

"The staff are brokenhearted," she said, holding back tears. "It's just been really hard for all of us and the other gorillas."

"He was a leader and such a great dad. He always did all the right things for the family."

The zoo is looking for a new silverback to join the group, as Kakinga was the patriarch for almost 30 years, fathering 13 offspring.

Larissa Mark, communications manager with the zoo, said Kakinga always held his

babies close.

When people were finished snapping photos of his daughter, Yuwanda, he scooped her up and looked at her closely, Mark said.

"While he was holding her, he looked back and looked as if he was like, 'This is my baby, and I'm making sure she's OK,'" Mark said.

Kakinga also liked to pull pranks on his boys. Mark said the young gorillas would sneak up behind him, and Kakinga would act as if they weren't there.

Kakinga would then suddenly spin around to startle them, Mark said.

"They would run away," she said with a laugh. "It was cute to watch."

Celli said the zoo has begun the process of selecting a new silverback to join the Calgary troop, though much depends on candidates' genetics and temperament.

She said the gorilla family appears to be sad; they've been sleeping a lot and haven't been eating as much as normal.

"There will be a little turmoil in the next few months," Celli said. "It can be quite disorienting for the group. They've been a bit nervous and stressed."

"We're just going to take it a day at a time and care for them as normal."

The median life expectancy of gorillas in captivity is 31.1 years.

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Man admits to stabbing students

TRIAL

De Grood said he 'was killing Medusas and werewolves'

Friends and family sobbed and gasped with horror Monday as they heard graphic details about how five young people at a house party were slain by a man who believed he was killing Medusas and werewolves for the son of God.

Matthew de Grood, 24, admitted in an agreed statement of facts read at the start of his first-degree murder trial that he stabbed his victims. But court heard he told police he didn't take pleasure in it.

"I stabbed people in the house," the statement quotes de Grood as telling officers.

"I just want to say that when I stabbed them, I tried to do it mercifully. I aimed for their heart. They put up a struggle which made it hard, but, so you know, it wasn't sadistic or anything," he said. "I didn't enjoy killing at all. I said sorry, but the son of God was controlling me."

De Grood's lawyer, Allan Fay,

pleaded not guilty on his client's behalf. Fay told reporters he plans to argue his client was not criminally responsible for the killings.

The stabbings, in what police have called Calgary's worst mass killing, happened at a party being held to mark the end of the university school year in April 2014.

Killed were Kaitlin Perras, 23; Lawrence Hong, 27; Josh Hunter, 23; Zackariah Rathwell, 21; and

I didn't enjoy killing at all. I said sorry, but the son of God was controlling me.

Matthew de Grood

Jordan Segura, 22. Hunter, Hong and Segura all attended the University of Calgary. Perras studied at Mount Royal University and Rathwell was a student at the Alberta College of Art and Design.

Prosecutor Neil Wiberg spent more than an hour reading out the agreed statement of facts that contained details from de Grood's interview with police.

The judge also lifted a publication ban on material submitted by police to obtain search warrants.

The unsealed documents detailed how de Grood, the son of a high-ranking Calgary police officer, was "a good boy, kind and compassionate" until his personality began to change about a month before the stabbings.

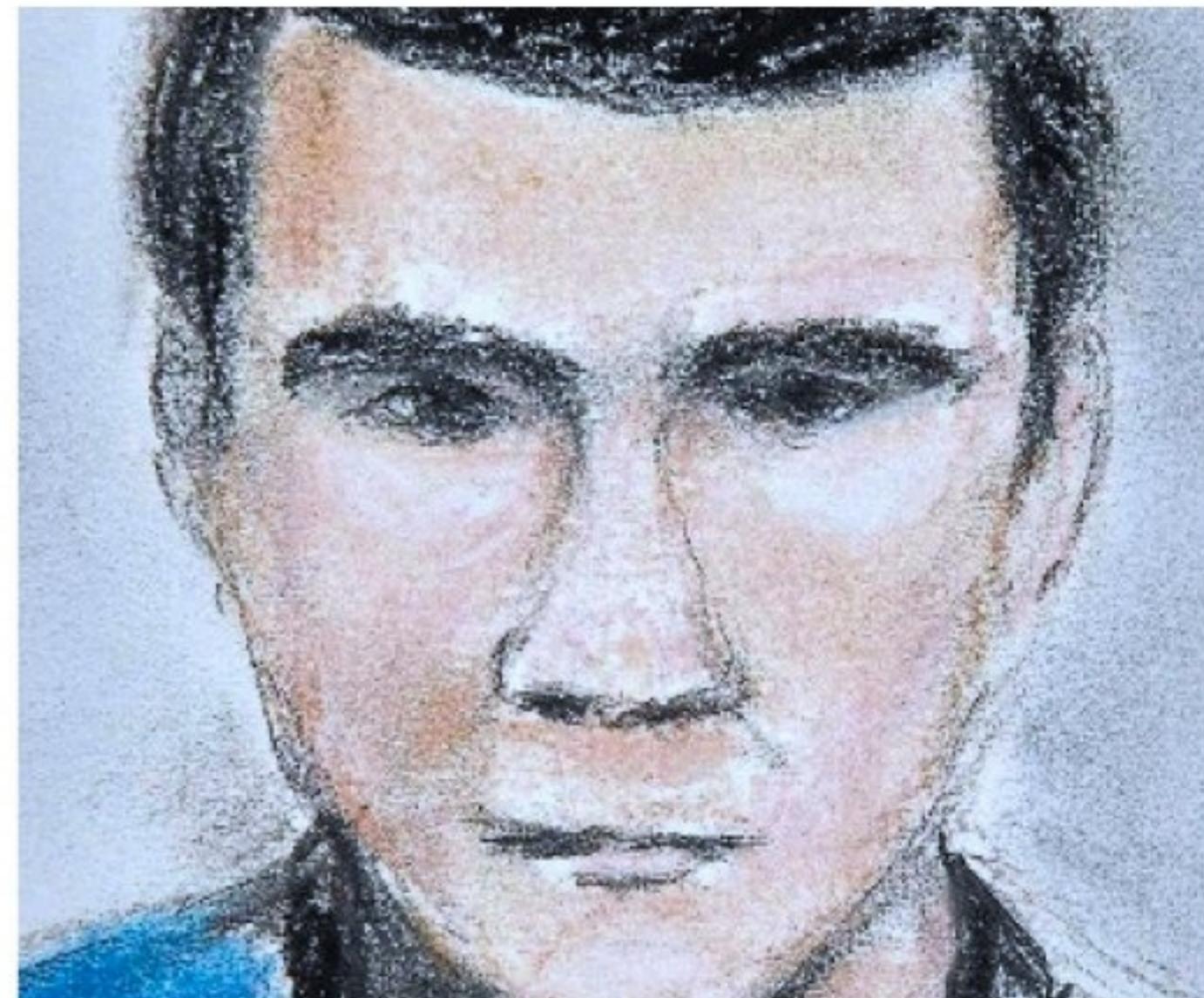
De Grood told police that he felt he had to attack Rathwell, a budding young musician, before Rathwell attacked him. He told police the two had a disagreement over Buddhism. De Grood's friend and some others had gone out to get something to eat and came back to chaos.

"What I did may seem atrocious but I was killing Medusas, werewolves," he told the officers.

He has been undergoing treatment at the Southern Alberta Forensic Psychiatry Centre since his arrest.

The victims' families made a statement on the courthouse steps before the start of the trial in which they urged people to focus on their loved ones. De Grood's parents, Douglas and Susan de Grood, were also in court and sat in the front row.

THE CANADIAN PRESS



Matthew de Grood appears in a Calgary court on April 22, 2014 in an artist's sketch. The trial for de Grood, accused of stabbing five young people at an end-of-school house party, began Monday. JANICE FLETCHER/THE CANADIAN PRESS



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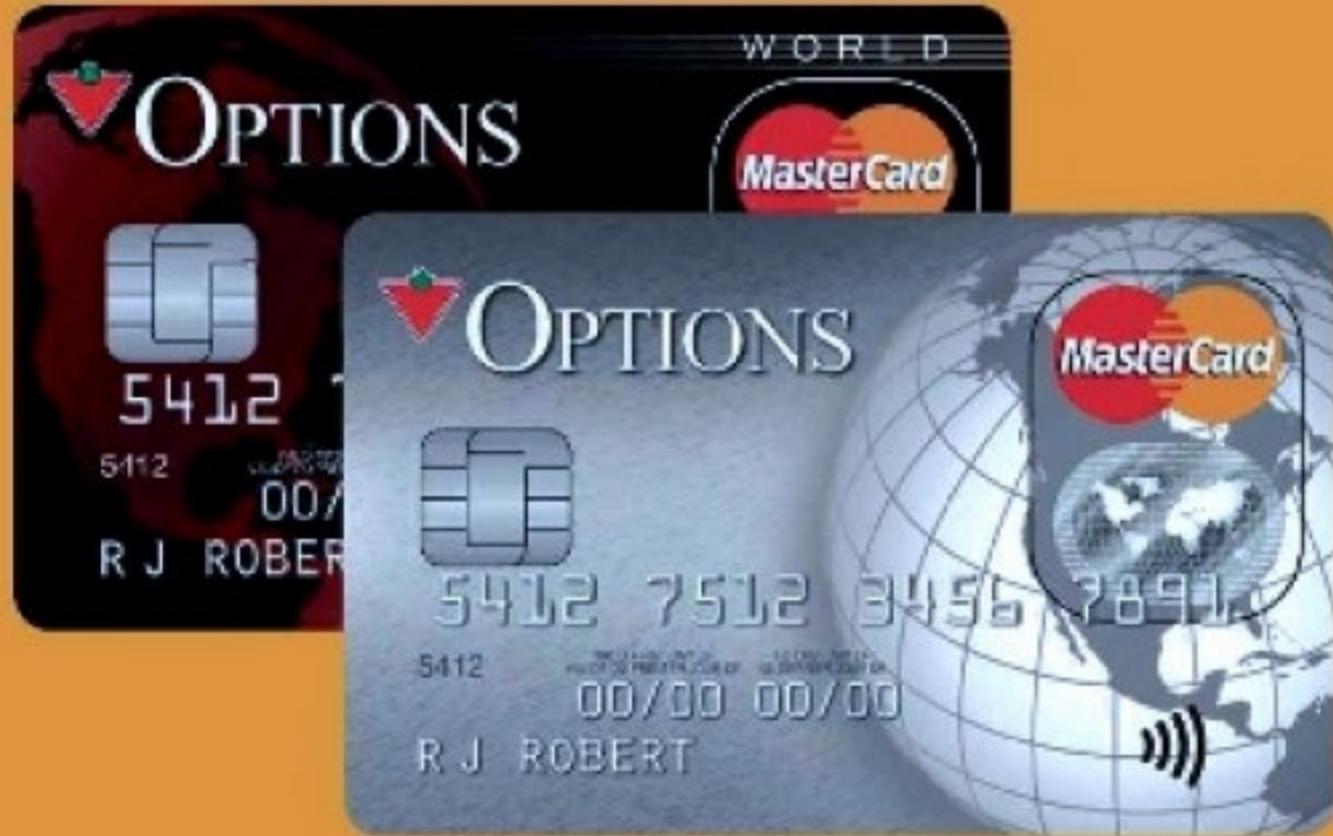


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10

Calgary | metro NEWS



A giant fireball is visible as a wildfire rips through the forest by Highway 63, 16 kilometres south of Fort McMurray, Alta., on May 7. Air quality in the area remains an issue. THE CANADIAN PRESS

Province urging caution outdoors

FIRE WEATHER ADVISORY

Premier says Alberta under extreme risk

Faced with raging wildfires and more hot, dry weather, the Alberta government is urging people to be careful if they plan to play outside in the coming days.

"One can only hope that the Alberta tradition of a cold and wet May long weekend will reappear," Premier Rachel Notley said Monday. "The fact is that most of Alberta remains under conditions of extreme fire risk."

The province issued a fire weather advisory for some areas warning that wildfires will become large quickly and tough to control.

The government has banned campfires and other open fires over the northern half of the province from the Red Deer area to the Northwest Territories boundary.

There is also a ban on

the recreational use of off-highway vehicles on public land in the same area over concerns they could spark fires in tinder-dry forests and brush.

Notley warned that even a carelessly tossed cigarette butt could cause trouble.

"I would like to remind all Albertans that we have a fire ban across much of Alberta for a reason. We have a ban on recreational use of off-highway vehicles across much of the province for a reason," she said.

On Monday the wildfire that forced more than 80,000 people from Fort McMurray last week had grown to more than 2,800 square kilometres. It was burning away from the city but there are concerns about hot spots reigniting.

Another fire in the Municipal District of Greenview forced the mandatory evacuation of farms and rural homes in a region northwest of Edmonton.

The province said more than 1,900 firefighters were

battling the fires, including crews from B.C., Ontario, Saskatchewan and Nova Scotia with more on the way.

Wildfire officer Barry Shellian said even if Alberta gets some rain and cooler temperatures later this week it won't be enough to make a difference.

He said the forest and grasslands are particularly parched this year due to lack of rain and less snow than usual over the winter.

The province is also warning boaters planning to head out on lakes to be mindful of the water bombers that are fighting fires in the Fort McMurray area and in other parts of the province.

Shellian said these aircraft may need to drop down for another load of water to dump on the flames.

"If boaters or recreationists see planes circling we want them to remove themselves from the lake to ensure that these planes can be effective and safe," he said.

THE CANADIAN PRESS

EMERGENCY

Mandatory evacuation order issued northwest of Edmonton

A rapidly growing wildfire has sparked another mandatory evacuation order in Alberta, this time in the province's northwest.

A state of local emergency was issued Sunday evening in the Municipal District of Greenview because of a blaze between Fox Creek and the hamlet of Little Smoky,

about 260 km northwest of Edmonton.

Provincial officials say the fire is near an energy industry plant and is burning on either side of Highway 43.

Evacuees have been asked to report to a reception centre in Valleyview, east of Grande Prairie.

The temperature is ex-

pected to rise through the week, with rain not expected until Wednesday.

The emergency comes about two weeks after a wildfire ripped into Fort McMurray, destroyed about 2,400 structures and forced more than 80,000 people from the city.

THE CANADIAN PRESS

Province shares Uber tough fines

RIDESHARING

Daily penalty of \$50K unveiled for firms that break the law

Ryan Tumilty
Metro | Edmonton

The Alberta government will enforce new rules for ride-share companies like Uber with a \$50,000-per-day-penalty, should they try to operate outside the law.

Transportation Minister Brian Mason introduced changes to the Transportation Safety Act in the legislature Monday, including previously announced requirements that rideshare drivers carry approved insurance, Class 4 drivers licences and criminal record checks performed by police.

The hefty fines will apply to any transportation network company or rideshare firm that allows drivers to continue to operate without all of these provisions in place.

Mason said given the large multinational nature of many of these companies, the penalty had to be significant.

"We didn't want this to just be the cost of doing business for a company with deep pockets like Uber," he said.

The legislation also includes provisions to allow the province to seek an injunction to stop the company from operating.

"That's a real hammer," said Mason.

Mason said the province believes the Class 4, or commercial licence, is a necessary requirement to keep passengers using the service safe.

"We think it is the most ap-



Transportation Minister Brian Mason describes new rules that would dissuade rideshare companies from breaking rules as a "real hammer." METRO FILE

We didn't want this to just be the cost of doing business.

Brian Mason

propriate licence for that type of service," he said.

Uber had little to say about the changes Monday. Company spokesperson Jean-Christophe de Le Rue released a statement indicating they would review the new provisions.

"We look forward to re-

viewing and commenting on the detailed regulations. We hope that the province will bring forward smart regulations that embrace the environmental, safety and economic benefits of ridesharing."

The new bill also included other more minor changes, but did not include legislation the government has hinted will be coming to seize vehicles that are speeding excessively.

Mason said he expects that will come with another phase of changes to the legislation in the fall.

ENTERTAINMENT

Film Centre rolling out the red carpet for new sound stages

Aaron Chatha
Metro | Calgary

The Calgary Film Centre is officially opening the doors to its three modern sound stages on May 19.

The \$28.2 million facility is expected to help the film industry in southern Alberta grow significantly, by allowing produc-

tions to film year-round in the province.

"It's a game changer, for sure," said Erin O'Connor, general manager. "Previously, big productions would come to Alberta just for the vistas and location, and have to do their internal scenes either in warehouse — or take it somewhere else, off-site."

The soundstages will allow productions to stay in the Calgary area when shooting their

films, rather than having to go out of province to build and film their sets.

Film and TV industries generated about \$175 million in southern Alberta in 2015. Officials hope the film centre will increase that total to \$500 million in five years.

"I can hardly wait," said O'Connor. "I anticipate incredible things happening inside those walls from Thursday onward."

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Statistics Canada

Canadian going into orbit

MISSION

Quebec's David Saint-Jacques heads to space station in 2018

Quebec engineer and doctor David Saint-Jacques says he's not entirely sure why he was chosen to become the next Canadian to work aboard the International Space Station — but he'll gladly accept the mission.

"They had to pick one of us," Saint-Jacques said when asked why he believed he was chosen over his co-astronaut-in-training Jeremy Hansen.

"I guess the important (thing) is that there are two space flights coming up for Canada. This is the first one and I'm looking forward for (Hansen) getting the next shot."

Saint-Jacques, 46, is scheduled to travel to space aboard the Russian Soyuz rocket for a six-month mission in November 2018.

"I promise to live up to your expectations," Saint-Jacques



Astronaut David Saint-Jacques says "a mission like this makes Canada much bigger." He was chosen as the next Canadian to work aboard the International Space Station. THE CANADIAN PRESS

told a group of schoolchildren gathered Monday at an Ottawa museum, where Minister of Science and Innovation Navdeep Bains announced the assignment.

"A mission like this makes

Canada much bigger."

Training for Saint-Jacques, who is a medical, engineering and astrophysics specialist, begins this summer in Canada, Russia, Japan and the United States.

Saint-Jacques said he was inspired to be an astronaut by the many Canadians who flew out of Earth's atmosphere before him.

"I stand on the shoulders of giants," he said. "The astro-

nauts who have preceded me, they were my childhood inspiration, my colleagues and my mentors."

He'll become the ninth Canadian to travel to space, six of whom worked at the International Space Station. In all, Canadians have made 16 space flights to date.

Born in Quebec City, Saint-Jacques is a married father of two children with a taste for adventure as an avid mountain climber, cyclist and skier. He holds a commercial pilot licence and speaks five languages. Saint-Jacques also holds several university degrees, including a PhD in astrophysics from Cambridge University.

Before joining the space program, he practised medicine in a remote Inuit community on Hudson Bay.

THE CANADIAN PRESS

TRANSGENDER LEGISLATION

Feds set to table rights bill

Legislation to extend human-rights protections to transgender Canadians will be tabled in the Commons on Tuesday, says Prime Minister Justin Trudeau.

Trudeau confirmed the news in Montreal on Monday as he received an award named after Laurent McCutcheon, a long-time gay-rights activist.

Tuesday is International Day Against Homophobia, Transphobia and Biphobia.

"We must continue to demand true equality," Trudeau said. "We must carry on the legacy of those who fought for justice by being bold and ambitious in our actions and we must work diligently to close the gap between our principles and our reality."

Trudeau said Canada must do more to fight homophobia and transphobia, mentioning that gay men still cannot donate blood in Canada.

Previous attempts at passing a transgender rights bill have been unsuccessful.

THE CANADIAN PRESS



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Loans borrowed in other provinces may also be eligible.



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Poverty double for indigenous kids

INDIGENOUS ISSUES

Underfunded schools, child welfare service blamed

Indigenous children in Canada are more than twice as likely to live in poverty than non-aboriginal kids, according to new findings released Tuesday by the Canadian Centre for Policy Alternatives.

The study, which delves into poverty rates on reserves and in the territories as measured by income, documents the dire

conditions being experienced by status First Nations children, including 60 per cent of those who live on reserves.

Poverty rates are highest for First Nations kids on reserves in Manitoba at 76 per cent and Saskatchewan at 69 per cent, the study found.

The rates of poverty on-reserve worsened between 2005 and 2010, the researchers found, citing long-standing barriers such as underfunded schools and child welfare services that stand in the way of kids achieving their full potential.

Senior economist David Macdonald, who co-authored the



Sonny Mason of St. Theresa Point First Nations, Man., practises a dance for the Outside Looking In program. THE CANADIAN PRESS

report, said the figures clearly show deplorable rates of child poverty on reserves in Canada.

"One of the interesting things is that despite the fact

that we have seen strong economic growth in the 2000s in Alberta in particular, as well as Saskatchewan and Manitoba, we are just not seeing that

filter down to the on-reserve level," he said.

"We are to some degree seeing it trickle down to the off-reserve population ... but we are just not seeing the benefits on reserve."

In order to come up with its figures, the institute updated its findings from a previous report examining child poverty rates based on the 2006 census, using data collected during the 2011 National Household Survey.

"It is important to point out that Statistics Canada reports on poverty rates do not include people who live on a reserve or people living in the terri-

ties where roughly half of all Inuit people are located," the report said.

"Because this data is excluded, official poverty rates in Canada are lower than they would be if these populations were counted. Poverty rates for indigenous people, especially status First Nations and Inuit, are reported to be much lower than a full count would indicate is truly the case."

Study co-author Daniel Wilson said he is hopeful measuring and reporting on the problem will help to end "policy-making in a void of information."

THE CANADIAN PRESS

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UN pushes refugee education

SCHOOL

New program aims to reach many of 20M displaced kids

Former British Prime Minister Gordon Brown on Monday announced the creation of the United Nations' first humanitarian fund for the education of refugee children.

Acting in his role as UN special envoy for global education, Brown said the fund hopes to reach many of the estimated 20 million school-age refugees and displaced persons around the globe who are being denied an education as part of "the largest population of displaced girls and boys since 1945."

Brown said the number of children who are missing out on schooling due to displacement is becoming a global crisis that will haunt the world for generations.

"When we ask ourselves what breaks the lives of once thriving young children, it's not just the Mediterranean wave that submerges the life vest and it's not



Children hold placards as migrants and refugees take part in a peaceful protest at a refugee camp near the northern Greek border of Idomeni on Thursday. THE ASSOCIATED PRESS

just the food convoy that does not arrive in Syria, it's also the absence of hope — the soul-crushing certainty that there is nothing to plan or prepare for, not even a place in school," Brown said, speaking by telephone to reporters at the UN.

The initiative, entitled "Education Cannot Wait," will be formally launched at next week's World Humanitarian Summit in Istanbul and seeks to raise \$3.85 billion from some 100 donors in the public and private sectors over the next five years.

The initiative, which has been in the works for three years, was inspired by the refugee crisis in Syria, but funds will be available for refugees around the globe.

Brown said that the vast majority of people fleeing the war in Syria remain in the region,

\$3.85B

Amount the "Education Cannot Wait" initiative will seek to raise from 100 donors over the next five years. The initiative will be launched next week in Istanbul.

and if parents believed their children could get an education there, they would be more likely to stay in place, rather than undertake the risky passage to Europe.

"We must meet our responsibilities to those people who are in Europe, who are refugees and asylum seekers, but we must at the same time recognize the biggest problem and the biggest number of people who need help, particularly children who need help, are in the region themselves. And if we do not act they will become victims of child labour, child trafficking and child marriage and they will be a discontented generation of young people, a lost generation," Brown said.

THE ASSOCIATED PRESS

IN BRIEF

Missouri doctors deliver baby after mother dies

Missouri doctors managed to deliver a baby whose mother was killed in a crash on her way to give birth. Sarah Iler and the baby's father, Matt Rider, were headed to a hospital in Poplar Bluff when his SUV was struck by a tractor trailer, according to reports.

The collision pushed the SUV into the median, and Iler and Rider were ejected, police said Monday, and Iler was declared dead at hospital, where doctors performed an emergency cesarean section and delivered her daughter.

THE ASSOCIATED PRESS

ISS makes 100,000th orbit

It's 100,000 laps around Earth and counting for the International Space Station. NASA said these 100,000 orbits are akin to travelling more than 2.6 billion miles, equivalent to 10 round trips to Mars, or almost one way to Neptune.

Each orbit takes about 90 minutes; 16 orbits comprise a station day.

THE ASSOCIATED PRESS

HEALTH

Penis transplant is a first for the U.S.

A cancer patient has received the first penis transplant in the United States, a Boston hospital said Monday.

Massachusetts General Hospital has confirmed that Thomas Manning received the transplanted penis in a 15-hour procedure last week.

The New York Times first reported the transplant Monday.

Dr. Curtis Cetrulo, who helped lead the surgical team, tells the newspaper that normal urination should be possible for the 64-year-old Manning in a few weeks, with sexual function pos-



Thomas Manning, 64, is recovering well. GETTY IMAGES

sible in weeks to months.

The Times reports most of Manning's penis was removed

during his battle with penile cancer.

The world's first penis trans-

plant was performed at the University of Stellenbosch in South Africa in December 2014.

That patient had his penis amputated three years earlier after complications from a circumcision performed in his late teens.

The university near Cape Town said in announcing the transplant in March 2015 that the 21-year-old patient, whose name was not released, made a full recovering following the nine-hour surgery and regained all function in the transplanted organ. THE ASSOCIATED PRESS

ECUADOR

Quake-hit town picks up the pieces a month later

A month after a devastating earthquake flattened the Ecuadorian beach town of Pedernales, people are still living in tarp shelters and schools remain closed. Just a third of the rubble has been swept from the streets.

Some of those whose homes were wrecked survive by scavenging through the debris and panhandling. And some go hungry.

Officials deployed a giant flag over the town Monday to

commemorate those who died in the magnitude 7.8 earthquake that killed 660 and initially left tens of thousands homeless.

Aid poured in from around the world, but officials say more than 7,000 people remain without a home.

President Rafael Correa urged the country to keep its spirits up Monday.

"The pain is immense, but the hope is greater," he wrote on Twitter. THE ASSOCIATED PRESS

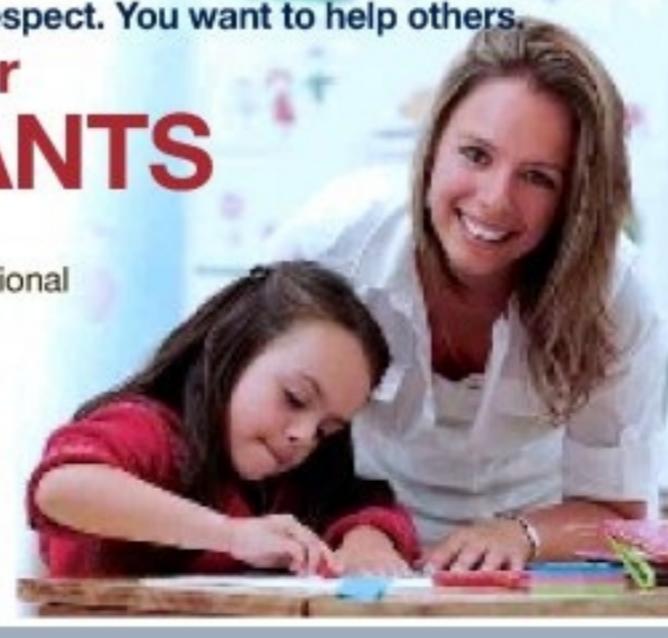
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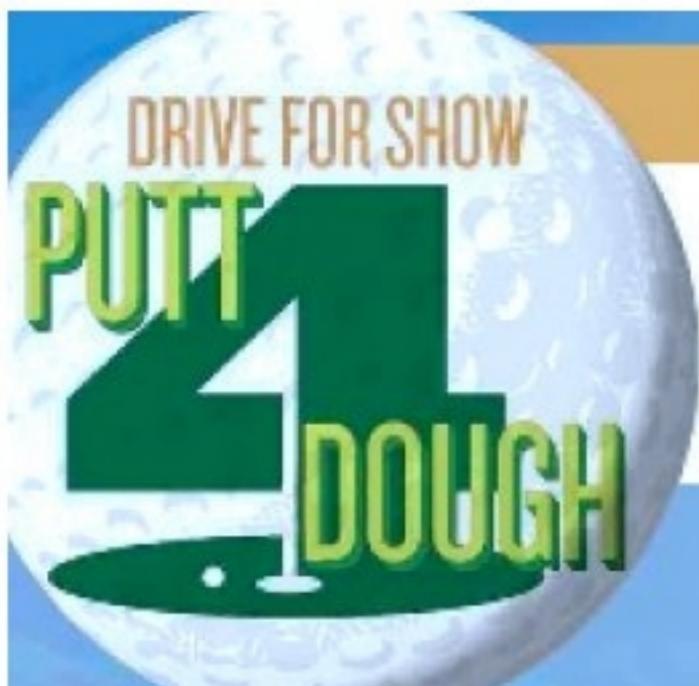
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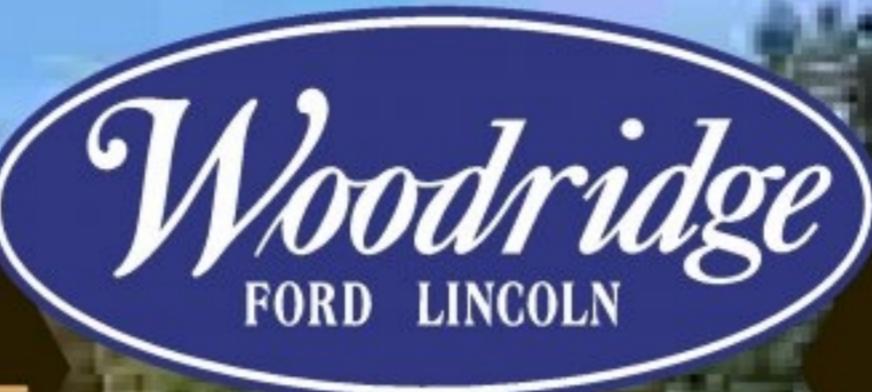
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IN BRIEF

Twitter to knock links, photos out of the limit

Twitter will soon stop counting photos and links in its 140-character limit, said a source, who added the change could happen in the next two weeks. Links now take up 23 characters. TORSTAR NEWS SERVICE

New drug aims to calm spooked dogs down

Fido and Spot may not have to cower under the bed when fireworks and thunderstorms hit, thanks to the first prescription veterinary medicine for treating anxiety over loud noises. Medicine maker Zoetis said Monday that Sileo will be available within a week. TORSTAR NEWS SERVICE

RETAIL

Amazon to expand offerings

Amazon is planning to expand the store-brand items it sells to new categories including food and household products, according to a report by The Wall Street Journal.

The new products could include nuts and spices and other consumer goods such as diapers.

The Wall Street Journal report cites unnamed people familiar with the matter. Amazon.com Inc. declined to comment.

Amazon already sells an array of private-label products, or products designed by a third-party manufacturer and sold under a retailer's name — usually cheaper than name-brand products — but food would be a new category.

It has been making a push into the grocery aisle, however. It offers Prime Fresh, a \$299 annual grocery delivery service, in several cities on the West and East Coasts. Currently, the Amazon Basics line includes everything from patio furniture to office products. It also sells clothes under its labels Lark & Ro and Franklin & Freeman and others.

In 2014, Amazon launched its own line of baby wipes, Amazon Elements. Amazon has limited sales of those wipes to members of its \$99-a-year Prime program to encourage more shoppers to sign up. According to the WSJ article, the new private-label goods will only be available to Prime members as well.

The move comes as competition in the online grocery delivery sector is heating up. In addition to delivery services such as Fresh Direct and Instacart, Wal-Mart Stores Inc. last month said it's expanding its service that allows customers to order groceries online and then pick them up in the parking lot of their local store. That service, now available in 150 stores in 22 markets, will be offered in 200 stores in 30 markets.

The move is "an evolution of Amazon putting more and more of a focus on the consumer packaged goods world," that has been going on for some time, said Bernstein analyst Ali Dibadj.

THE ASSOCIATED PRESS



Truck driver Nadine Gauthier is working on behalf of Quebec's trucking association to encourage more women and girls to consider careers as truck drivers. PAUL CHIASSON/THE CANADIAN PRESS

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LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS

NW, NE and SW quarters of 8:22:1:W5M
Three Adjacent Quarters close to the City of Calgary
to be sold individually or together

Parcel A - NW 1/4, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE 1/4 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW 1/4 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS

West 1/2 of 30:20:1:W5M and Acreage at 0514212:1:2
(located within NW 1/4 of 30:20:1:W5M)

Parcel A - West 1/2 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (+/-) located within the NW 1/4 of 30:20:1:W5M and includes a 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7
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Trucking in need of new blood

EMPLOYMENT

Industry struggling to attract young workforce

After 40 years as a truck driver, Jack Fielding says it's easier to name the places in North America where he hasn't been than the ones he has.

And after driving five million kilometres, the 57-year-old still enjoys the freedom of the road.

But as Fielding and thousands like him near retirement age, the industry is struggling to recruit young people who share his enthusiasm for the job.

This means the industry is facing a looming labour shortage that could reach 48,000 drivers by 2024, according to the Canadian Trucking Alliance.

The average age of a truck driver is over 47 and almost 30 per cent of the driving force is 55 or over, which makes it one

of the oldest workforces in Canada, according to the organization's president.

"Tens of thousands of them are nearing retirement and we're not getting anywhere near our commensurate share of new drivers into the business," says David Bradley.

There are multiple reasons for the looming shortage, but many believe the lifestyle simply isn't attractive to a younger generation.

Fielding, for example, usually works 10-14 days straight, with three days off between trips. Schedules are not set in advance, and drivers often work 12 hours or more a day.

"You're not home with your friends on Friday nights having parties," he says. "If you have a family you might miss out on birthdays and things like that."

Bradley says this makes it harder to attract younger people or those with families, who tend to place a higher emphasis on work-life balance than older generations. THE CANADIAN PRESS

IN BRIEF

April home sales set record

The number of homes sold in Canada last month hit a record as supply tightened, particularly in Toronto, where a competitive market is dissuading homeowners from putting properties up for sale, the Canadian Real Estate Association said Monday. THE CANADIAN PRESS

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metr^o VIEWS

Your essential daily news

Tuesday, May 17, 2016

ROSEMARY WESTWOOD ON THE BATHROOM-LAW CONTROVERSY

The “protect our little girls” argument allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that trans people are to be feared.

Pity all the little boys in America.

Nobody, it seems, cares for them.

The raging debate over where transgender people get to go to the bathroom has made that fact, among others, abundantly clear.

Judging by the U.S. media fervour, it seems every reporter has been tasked with one goal: getting comment on the Obama administration's directive last week that all schools accommodate transgender students, including letting them use the bathrooms where they feel comfortable.

And for every microphone, there's been a call to save all the helpless girls of America. Take Ted Cruz's comments last month: "Have we gone stark raving nuts? Strangers shouldn't be alone in bathrooms with little girls."

Or this, from pastor Ron Baity in North Carolina, the state being sued by the federal government for a law that forces trans people to use the loo that coincides with the sex on their birth certificate: "He could be there to look at the anatomy of the opposite sex," Baity said, imagining a predator masquerading as transgender. "He could be there to bring damage to a young girl."

Like everyone else fueling the uproar, he didn't bother to fear for the sexual safety of little boys. There

are two reasons for this. The first is the sexist, and still widespread, idea that females are weaker and in need of more protection. The second is that people like Baity are simply anti-trans and are using their condescending concern for girls' welfare as cover.

pedophiles, part of a larger narrative that transgender people are to be feared. During On Point, a national radio call-in show last week, one man told the story of a transgender woman using a woman's changeroom this way: "They were just petrified, all ages, this big hairy



THE CANADIAN APPROACH Prime Minister Justin Trudeau listens as he is presented with the 2016 Laurent McCutcheon Award for his commitment to fighting homophobia and transphobia, in Montreal on Monday. Trudeau later announced he would table legislation today aimed at protecting transgender rights. PAUL CHIASSON/THE CANADIAN PRESS

"What gets socially coded as fear is often just masked transphobia," Sheila Cavanagh, professor of gender and sexuality studies at York University, told the New Yorker this week. "People know that it's less acceptable to be transphobic than it is to say, 'I worry about the safety of my daughter.'" She also called the fear of fake transgender predators "far-fetched" and without evidence. Far better documented, she added, is discrimination against transgender people trying to use a restroom.

The "protect our little girls" argument also allows some to equate their transgender neighbours with

guy walking around as if he had every right to do so."

We shouldn't be surprised that bathrooms are causing all this stir. They are a single point of public nudity in a culture that is terrified of its own genitalia and sexuality. And they have a history of being used for sexual fear-mongering, including in the racially segregated U.S. South, as Diane Ravitch noted in the Huffington Post.

Then, women's sexual vulnerability was invoked as cover for race-baiting. Now, for gender-baiting.

In keeping with the cliché, the deregulation of bathroom spaces in Canada has been quieter. The



Vancouver School Board, the Toronto School Board, and the entire province of Alberta have all moved to allow transgender students to exercise their washroom choice, and some are adding more gender-neutral bathrooms. Many universities have similar policies. And while there has been some backlash (two Vancouver school trustees worried about scaring off international students), there's been little American-style drama.

At the heart of these changes is a recognition of the unique prejudices and discrimination faced by the transgender community. The Obama administration is trying to tackle that by reinterpreting the U.S.'s existing sex-discrimination laws in a way that addresses gender-identity issues.

In Canada, Prime Minister Justin Trudeau has decided a whole new bill is in order. Yesterday, he announced legislation to protect transgender Canadians from violence, hate speech and discrimination by adding "gender identity" as a protected category under the Canadian Human Rights Act. The legislation is expected to be tabled today to mark the International Day Against Homophobia, Transphobia and Biphobia.

It is a move whose importance cannot be overstated.

But treating people with respect and dignity shouldn't have to be legislated. It's common sense. So, too, are toilets everyone can use. It's not even a new idea. I had gender-neutral bathrooms in my elementary school classroom in the 1990s. I was a little girl.

And guess what, Ted Cruz? I was just fine.

Treating people with respect and dignity shouldn't have to be legislated.

When it comes to slowing down cars, consistency is key

KLASZUS' CALGARY

Jeremy Klaszus



Amid the debate over street safety, it's worth looking at a handful of Calgary neighbourhoods that already have streets with reduced speed limits.

From a design perspective, there is no rhyme or reason to it. More pertinent is that the busiest 40 km/h street, Elbow Drive, runs through some of the city's wealthiest neighbourhoods.

Why have certain streets gotten special status?

In 1999, city hall considered a blanket speed reduction to 40 km/h. "The reality at 40 km/h is that a car can stop more quickly and any impact in a collision is far less severe," then councillor Barry Erskine said at the time.

It's as true now as it was then. But city admin recommended dropping the speed limit in certain locations instead of applying it to a big chunk of the city.

Elbow Drive, which has had its long 40 km/h stretch since the early 2000s, is the city's most contentious example.

Frustrated with commuters speeding through their neighbourhood en route to downtown, homeowners clamoured for a slowdown, and got it.

Many commuters from outlying neighbourhoods were ticked. "There's going to be a lot of road rage," predicted one — a common argument anytime speed limit reductions are discussed.

Another example is Crescent Heights. Not only is it 30 km/h in front of the homes

overlooking downtown on Crescent Road, but further north, along 4 Street N.W. and 12 Avenue, the posted limit was reduced to 40 km/h in the early 2000s.

The Elbow Drive and Crescent Heights reductions occurred at a time when if you pulled the right strings at city hall, you could get the speed limit lowered, among other traffic-calming measures.

"Communities would go through their councillor and be put on a list — kind of first-come, first-serve," says Jonathan Chapman, a co-ordinator in city hall's livable-streets division.

Today, things are a little less willy-nilly. Communities can still push for and get humps and curb extensions, but gone are the one-off speed limit reductions.

"Nowadays, the traffic-calming policy explicitly directs us not to use speed limit reduction signs... as traffic calming devices," Chapman says.

That may be a good thing. One-off 40 km/h streets, scattered throughout the city, aren't ideal. "It's a real enforcement challenge because people aren't expecting that one street suddenly to be 40 km/h," says Chapman.

Today, cities are moving toward blanket speed-limit reductions in residential areas.

But, earlier this month, Calgary's city council voted against exploring a citywide reduction as part of the city's newly approved pedestrian strategy.

For now, a small group of Calgarians will continue to enjoy the benefits of slower traffic while the rest of us watch cars rip by.

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Such services are gaining in popularity — particularly among millennials and first-time investors — because of their lower cost, digital access and ease of use. Whatever your assets or investment experience, they're a great way to start investing without spending tons of time researching and managing a complex portfolio.

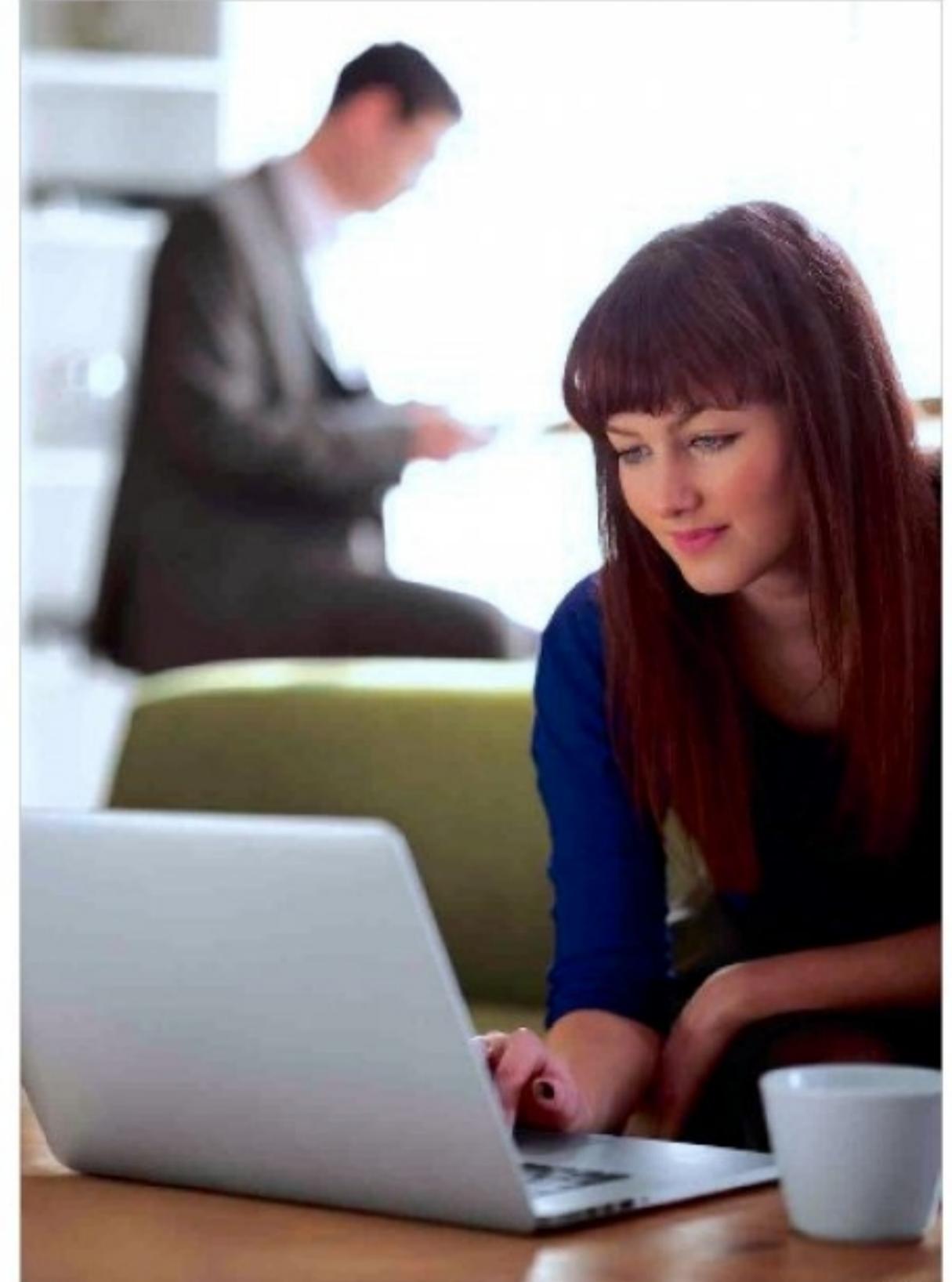
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Jolie 'disheartened' by U.S. response to migrant crisis, criticizes Donald Trump



Codependency is not kindness

RELATIONSHIPS

Beware when selflessness becomes selfish and irritating

Katrina Clarke
Torstar News Service

One of the defining moments in Michael DeCorte's life came in 2003 after visiting a sick friend in the hospital.

"When I was at her bedside, I thought to myself, 'It's a good thing I'm here right now because I look like a good friend,'" he said, noting he valued this woman because she was cool and beautiful. "(Being there) secured the friendship."

The friend called bulls—t. He was there to make himself feel better, not her, she said.

DeCorte identifies as a recovering addict of "codependent friendships," a term describing relationships in which one person regularly performs acts intended to earn approval from others, validating their own self-worth and avoiding conflict. Experts say it's a learned emotional and behavioural condition, more common among women, that can impede people from forming balanced relationships, but is not necessarily unhealthy.

Comedian and actress Whitney Cummings put a spotlight on the issue in a December article for Elle magazine and newsletter-slash-website Lenny Letter, in which she self-identified as codependent.

SIGNS YOU MAY BE CODEPENDENT

Think you might be too reliant on your friends? Here are some red flags from Candace Plattor, an addiction therapist and author of *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*.

You're constantly giving in your friendships without getting much in return.

You often feel you're not as good as other people so you "play small" and make others' needs more important than your own.

You are extremely uncomfortable with confrontation; even when you feel disappointed, angry or resentful, you don't admit this to your friends because they might become upset or angry with you.

You attempt to convince yourself your problems are not that bad, rather than trying to change the dysfunctional dynamics in your friendships.

TORSTAR NEWS SERVICE

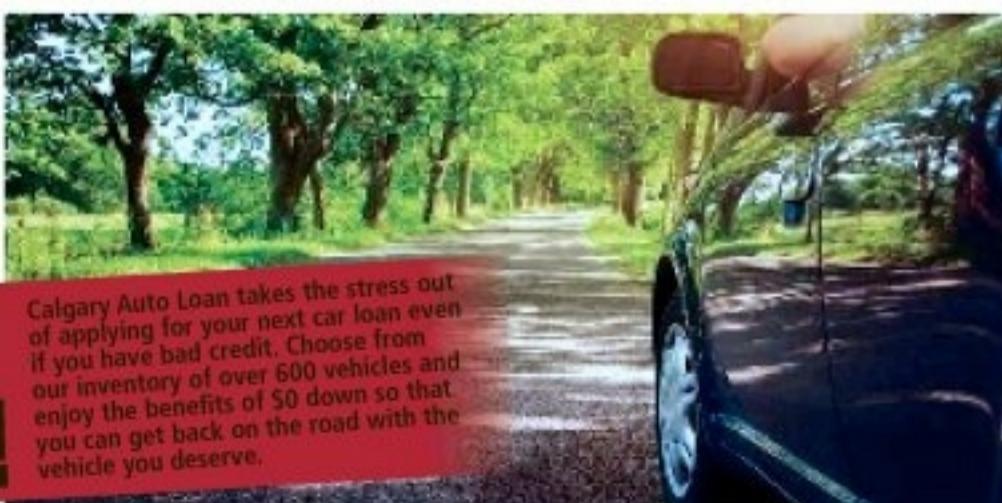


Michael DeCorte, left, identifies as a recovering addict of codependent friendships. He meets his friend Liam McElheron for yoga in Toronto. J.P. MOCZULSKI / FOR TORSTAR NEWS SERVICE

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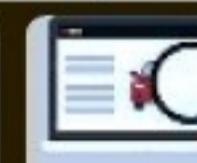
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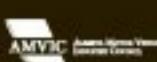
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or it's part of their religious or cultural ethos."

In fact, Lancer calls codependency "rampant" in modern society, but says codependent relationships have long been around. As women became more independent and society shirked patriarchal norms, codependent relationships were deemed problematic, she said.

Lancer points to childhood incidents or trauma to explain how the behaviour is learned; bullying at school, parental discord — especially if one parent starts relying on the child for support — or sibling abuse can all contribute, she said.

So how do experts say one can unlearn codependency in friendships?

"Counselling," said Candace Plattor, an addiction therapist based in Vancouver, who considers codependency an addiction. People who suspect they have codependent tendencies need to reflect on what is causing their behaviour, she said.

As for Michael DeCorte, a recovering addict, he suspects when his addictions were rooted in insecurity and self-centeredness. Once he gave up drugs and alcohol 15 years ago, he latched on to the next best thing to feed his needs — friendships.

And that sick friend who called him out? She dumped him as a friend, disinvited him from her wedding and left him in shambles.

But once the dust settled, he regrouped. Through work with psychotherapists and mentors, he now realizes popular friends won't give him the self-confidence or validation he craved.

dependency for Dummies. "But if you feel like you'd rather not but you don't feel like you can say no ... then maybe it's a behaviour pattern, it's not coming from a place of conscious choice."

Lancer said examples of co-dependent friendships might include one friend often buying the other gifts without the gift-giving being reciprocated, regularly giving advice and feel-

ing angry when the advice isn't followed, or feeling too guilty to say no to requests. But it's not necessarily harmful.

"It doesn't always create unhappiness," said Lancer. "In some older generation (couples) ... the wife always does what her husband wants. She doesn't have much of a separate personality but it doesn't bother her because this is all she's known,



This seated stretch can be done any time, anywhere. BERNARD WEIL/TORSTAR NEWS SERVICE

Try the garland pose with a twist

YOGA

Simple posture will improve upper body flexibility

YuMee Chung
Torstar News Service

In the language of yoga, the word mālā means garland and mālāsana is garland pose. Try this starter version of Twisted Garland Pose to sample the primary actions that will eventually allow you to wrap your arms around the body like a decorative wreath.

1. Squat with your feet close together and knees a little wider than your torso. You can always separate your feet and allow the toes to turn out a few degrees.

so long as the kneecaps point in the same direction as your toes. Support your pelvis with a yoga block or stack of books to ensure your heels rest easily on the ground.

2. Bring the left hand to the centre of the chest in half prayer, sliding the elbow down the inner left leg, and place right palm on right kneecap.

3. Initiate a very gentle right-side twist by resisting your left upper arm against the inner shin while pressing your right hand down onto the knee. Turn your head a few degrees and gaze up toward the right.

4. Take a mindful, five-breath journey into this squatted twist before unwinding the pose.

5. Pause for a moment before switching sides.

Those with osteoporosis, disk herniation or a history of back spasm should consult a health-care professional before

attempting this pose.
All mālās are not alike

The Sanskrit language features both long and short vowels that influence meaning. Long vowels are marked in the International Alphabet of Sanskrit Transliteration with an overline.

The word mālā (pronounced maa-la-a) means garland or necklace, while mala (pronounced ma-la) means dirt, impurity and bodily secretion. Inattention to Sanskrit pronunciation can inadvertently turn Garland Pose into Potty Pose, which is not a terrible name for this pose, as it turns out.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

NUTRITION

Folate-autism link troubles experts

For decades, pregnant women have been advised to take folic acid to help prevent birth defects.

But a new study suggests it may be possible to get too much of a good thing. Very high levels of the vitamin in mothers' blood at the time of birth was linked to higher risk of autism.

Other research points to an opposite relationship between folic acid and autism, showing that adequate amounts of the vitamin at the time of conception can significantly reduce the risk.

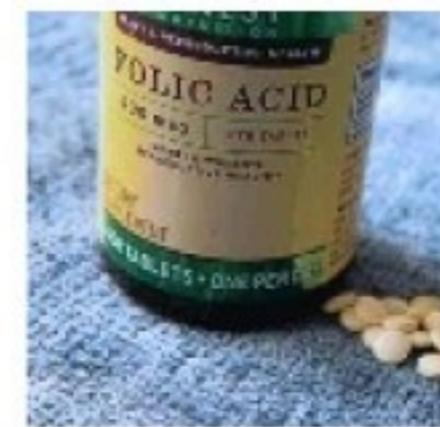
Indeed, some experts raised questions about the new research. They note the findings

are preliminary numbers, and based on a small number of families seen at only one hospital.

Also, the analysis is based on measures of the vitamin in mothers' blood at the time of delivery, which may not reveal much about what was going on in the women's body at the time of early fetal brain development.

Even the researchers themselves said there's no cause to change current recommendations. But the question should be explored in further research, study author M. Daniele Fallin of Johns Hopkins University said.

THE ASSOCIATED PRESS



A new study suggests mothers with very high blood levels of folic acid at the time of birth are more prone to having children with autism.

THE ASSOCIATED PRESS

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Confronting the idiot inside us all

COGNITION

Neuroscientist comedian's book peers into our heads

Dean Burnett thinks you're an idiot. Well, at least, he thinks your brain is.

That's what the neuroscientist-comedian-turned-author reveals in his new book, *The Idiot Brain: A Neuroscientist Explains What Your Head is Really Up To* (Harper Collins: \$32.99).

All our brains tend to behave in bizarre ways. They have an ego. Time does really fly when the brain is having fun. And alcohol can sometimes improve memory.

You say you were kind of an odd-man-out in your family, the first to go to university. How did that shape your career?

That's what got me into the brain in the first place. I was thinking, "Why am I different than my nearest and dearest?" I haven't really found a good answer, but I did pick up a lot of brain books along the way. It's worth asking questions about yourself, I suppose.

So you think the brain is not so complicated after all?

It's this reverence that people treat it with that is sort of unhelpful because it discourages people from trying to learn about it or think about it because it's sort of daunting.

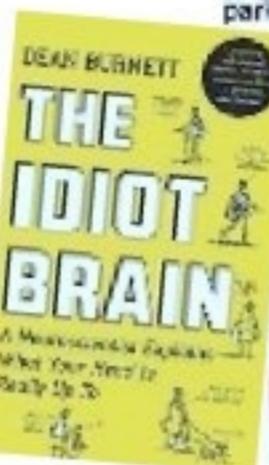
We all have these idiot brains,

as you're calling them, right? The brain in general, yes, not specific people.

You tackle a lot in this book. What is possibly next? Will you stay with the "idiot brain?"

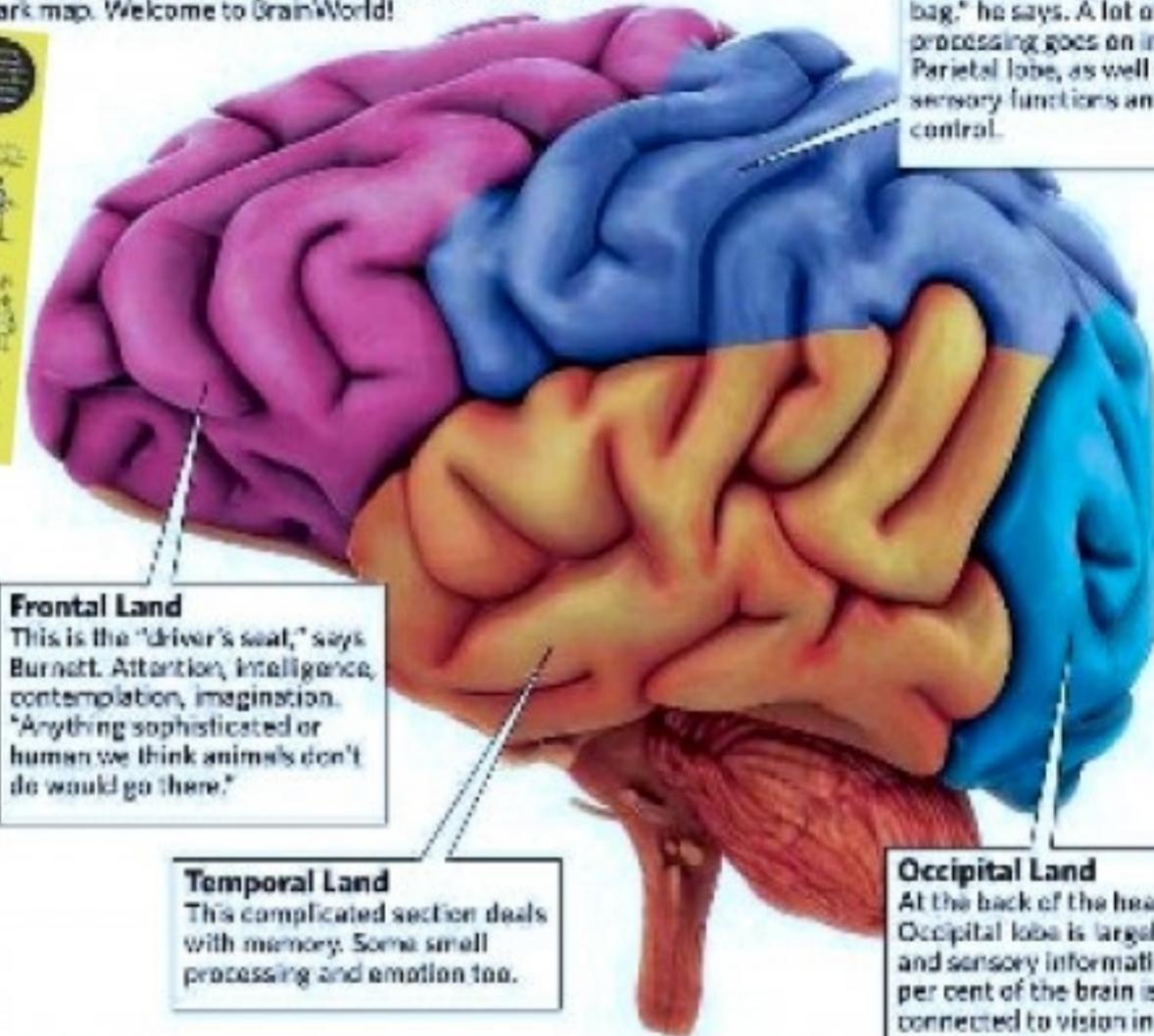
I'm sort of stuck with my own (laughs). No real plans or possibilities to change it. I'm looking into a second (book) with the publishers; lots of ideas being thrown around. Hopefully the next one I'll expand a certain area a bit more rather than just try to cover everything.

TORSTAR NEWS SERVICE



Welcome to BrainWorld

When Burnett looks at an image of the brain, he doesn't see a blur of unintelligible science, but an amusement park map. Welcome to BrainWorld!



Parietal Land

This part is a bit of a "mixed bag," he says. A lot of language processing goes on in the Parietal lobe, as well as some sensory functions and motor control.

Frontal Land

This is the "driver's seat," says Burnett. Attention, intelligence, contemplation, imagination. "Anything sophisticated or human we think animals don't do would go there."

Temporal Land

This complicated section deals with memory. Some smell processing and emotion too.

Occipital Land

At the back of the head, the Occipital lobe is largely vision and sensory information. Sixty per cent of the brain is connected to vision in some way, says Burnett.

BRAIN GAME

Our brains are alcohol-dependent, narcissistic and adrenalin-addicted smart alecks that like to play games on us. These are just a few of the idiotic traits Burnett lays out in *The Idiot Brain*.

Egotistical

Do you remember doing better in that foot race or job interview than you actually did in reality? It might be your brain trying to motivate you.

Drinkers

You might remember something more easily when "you are as drunk as you were when you first made that memory." Drink responsibly.



SOURCE: DEAN BURNETT

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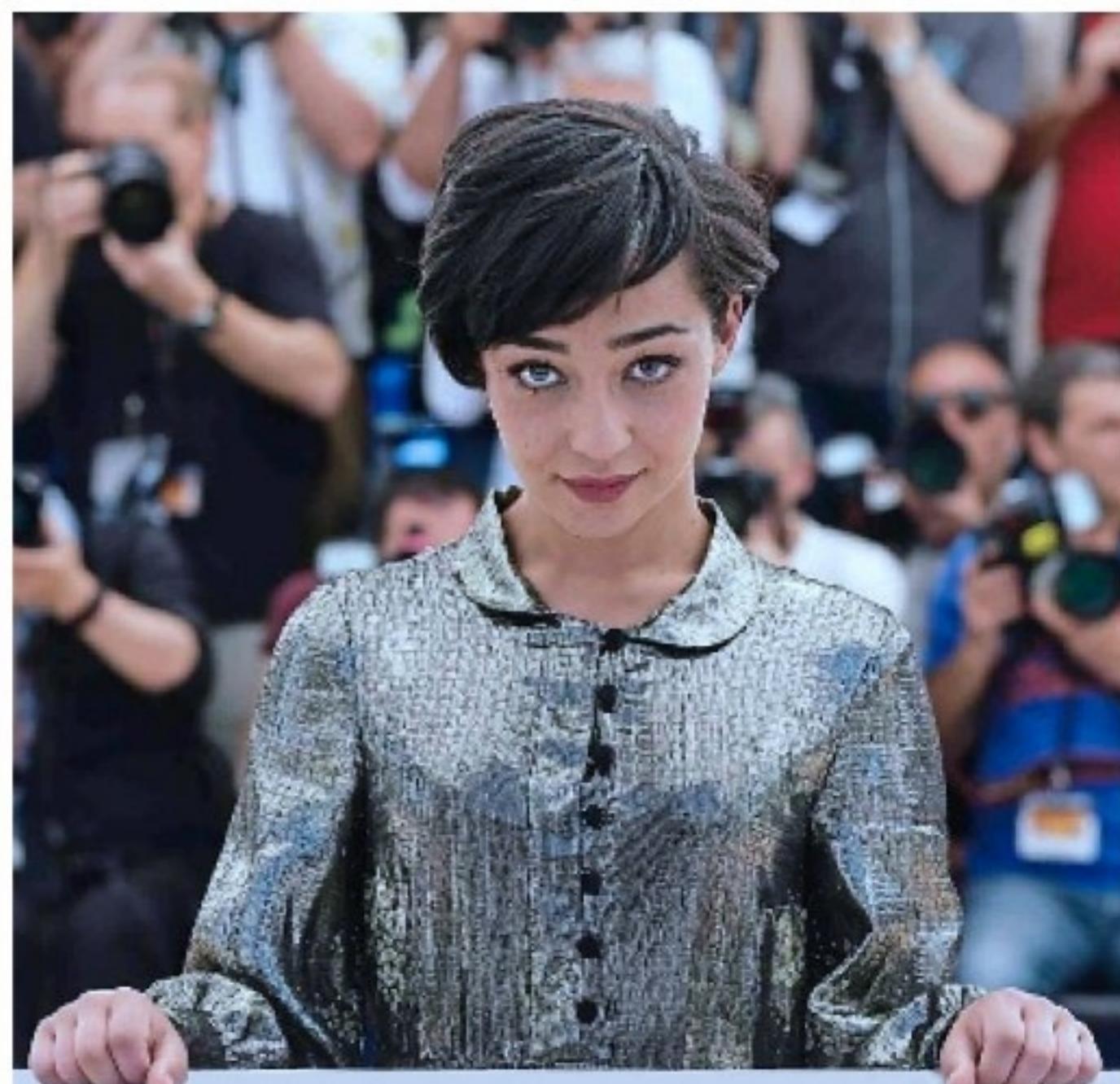
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CANNES FILM FESTIVAL ETHIOPIAN-IRISH ACTRESS RUTH NECCA stars in *Loving*, a biracial love story based off true events that led to imprisonment, exile and ultimately exoneration in a 1967 U.S. Supreme Court ruling on marriage equality. "I fell deeply in love with Mildred and Richard and their story. I think we all just wanted to do them justice," she said of the couple. The Lovings were humble, reluctant heroes whose marriage was famously photographed in *Life* magazine with the headline "The Crime of Being Married." CIRONNEAU/THE ASSOCIATED PRESS



LEARNING CURVE

You just graduated. Now what?

So you've just officially become part of your college or university's alumni and are rightfully feeling proud of your accomplishments. The appropriate thing to do is celebrate and hang out with friends new and old as a reward for your achievement. After this you can address the nagging feeling of doubt in the back of your mind.

You are unsure exactly what the correct path is to take following your graduation. Since the recession took hold young Canadians have battled to find suitable jobs matching their credentials so it's quite normal that many graduates leave campus scratching their heads. Depending on the qualification you acquired you may be considering gaining practical experience in college. Or maybe there are a number of posts you could fill in a certain industry and the option of trying on a few temporary hats appeals to you.

"Engage in self reflection and try out a lot of new things," says Shane LeBlanc, career

programming co-ordinator at Dalhousie University in Halifax. "Maybe that's volunteering or trying out different jobs so you can better understand what you are looking for. Discover what you like, what you don't like and what you are good at. The information garnered from these experiences will help guide you in your career direction," added LeBlanc.

Updating and circulating your resumé is another important post-graduation move. Most people have some debt to pay off after years of studying so getting a job or at least applying for one is also advisable.

"Get your resumé out there for sure," says Renae Lafi, advising and recruitment associate at Red Deer College. "You're fresh, excited and you're still on the high most new graduates experience so employers will respond well to that. Getting your feet wet in that realm is a good idea because people are usually hungry to succeed."

If you are in the enviable position of having no debt with some disposable income at hand,



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taking a trip abroad could help. Unwind, enjoy yourself, clear your head and think hard on your future. Ask yourself questions like: Does money or job satisfaction make me happy? Or do I strive for both?

The truth is that on leaving post-second-

ary education most people have a host of questions swirling around in their mind. Try to slow down and answer them one by one. A few bouts of trial and error in the job market and your own self discoveries should help you see where your future lies.



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Business administration program opens doors to options

After drifting from job to job, Amy Zawalony decided it was time to head back to school to get into a meaningful career that provided her with job satisfaction.

She decided on the business administration program at Academy of Learning Career College because of the diversity business administration could offer.

"I chose Academy of Learning for their staff," says Zawalony.

"They are friendly and caring, always willing to help you reach your goals and make

sure you apply yourself."

The business administration program is designed to prepare students for the demands of today's business environment.

Students of this program are exposed to a vast array of business knowledge, management and administration skills, and practical tools that will assist them in dealing with situations within a business related career.

After Zawalony completes this 51-week program, she says she would like to pursue a career that involves bookkeeping or HR.

"That's the beauty of my program, there are many options available," says Zawalony.

Zawalony says she would definitely recommend Academy of Learning to future students who are looking to take the next step in their educational journey.

"They take the time to help you and see you as an individual, not a number," says Zawalony.

For more information about the business administration program at Academy of Learning, visit academyoflearning.ab.ca.

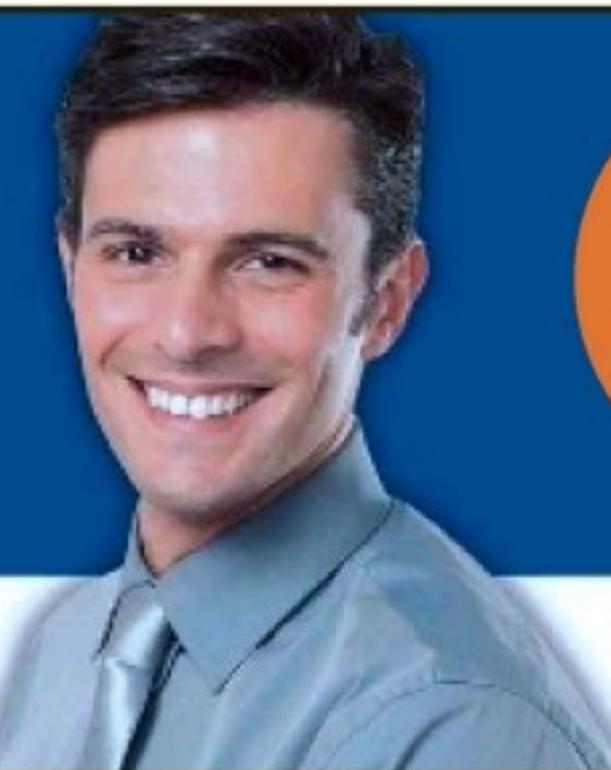
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Recently laid off? Retrain to launch a new career

At first, losing your job can seem like the worst thing in the world, but for some, it is an opportunity to take time to pursue an education and possibly open doors to a whole new career.

When Rhonda Vike was laid off from her job as an administrator in the oil and gas sector in March of 2015, she spent months looking for another job in her field before deciding that training for a new career would be her best option.

"I wanted to pursue a career that would build on of my years of administrative experience as well as be a career where there would be a need for qualified workers," says Vike.

"I decided a career in the health-care field as a unit clerk would be the best fit for me."

She had researched a couple of different training facilities and kept coming back to ABES (Alberta Business and Educational Services) for the unit clerk/medical office assistant course as the best choice for the

training she would need as well as the best chance for gaining employment once she was done.

Since completing the 26-week program, she was able to secure employment shortly after graduation.

"I have been working for over a month now at a job I love," says Vike.

"I am so glad I made the choice to retrain for a new career and push myself to reach my goal."

Vike says her situation is not unique to today's economy and would encourage others who may have been laid off to consider looking into retaining at ABES.

"In these uncertain times, sometimes we have no choice but to carve another path in the road for ourselves," says Vike.

"If your option is to retrain for a new career, I would not hesitate to give ABES a call — they are professional, personable and ABES graduates are sought after by health care professionals looking to hire."



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ABES has an employment rate above 95 per cent, so chances are good you will find a unit clerk or medical office assistant pos-

ition very quickly.

For more information about ABES, visit abes.ca.

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A nursing program designed to meet health-care need

Two years of modern health theory and clinical experience lead to diploma

No matter how the economy changes, the demand for health care never does.

"Columbia College, through its practical nurse program, is responding to the dynamic nature of the workplace and its continuing need for qualified professionals," says Sharron Burns RN, PhD., clinical lab coordinator, Columbia College.

"The men and women who enroll in this fast-paced program learn to think and act like effective practical nurses."

The practical nursing program is a two-year diploma program that is completed in 80 consecutive weeks, full-time (approximately 20 months).

Students of this program develop the competencies, perspectives and work ethic consistent with the needs of modern health organizations.

The program is designed to give students practical nursing theory and clinical experience in continuing care, acute care, and a specialty such as maternal, child, and community care.

Students will have the opportunity to experience practicums (in the clinical setting) and students have the opportunity to learn and practice their practical skills in the lab setting.

Graduates of the practical nursing program at Columbia work in a variety of settings which include: acute care centres, continuing care facilities, assisted living facilities, doctors' offices and in the community providing home care.

The next start dates for this program are Sept. 5, Jan. 2, 2017 and May 22, 2017.

For more information about this program at Columbia College, visit columbia.ab.ca



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He had a good job but Kofi was looking for more.
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Real-world experience means graduates are job-ready

At Evergreen College, the main focus is on diploma and certification programs that are designed to fill real needs in today's job market.

"We're committed to the success of our students and graduates, and have tailored our services to ensure that we stand by you every step of the way to get you the career and the future you've always wanted," says Arshad Mahmood, director, Evergreen College.

For those looking for a future in education, the education assistant diploma program prepares students for a busy but rewarding career assisting classroom teachers or resource teachers and gives special attention to students with physical, learning or emotional needs.

For those planning to enter into the field of oil and gas once the economy rebounds, the process piping drafting program will equip the students with strong computer, business administration and communication skills as well as the specific skills required in the oil and gas industry.

"All programs offered at our campuses are



designed to fast-track you into a new career, with co-op and field placements to give you real world experience," says Mahmood.

"Giving students a comprehensive education and getting them job-ready is always our priority."

Evergreen College also offers a wide range of career services to its current and graduate students, including consultation, assistance, and job search help.

Evergreen College has a conveniently located campus in Calgary, as well as five others in Ontario that offer a variety of unique diploma and certification programs.

For more information, visit evergreen-college.ca.

Prepare for success in the business environment

Success in the multifaceted business environment requires skills in organization, communication, bookkeeping, management and, of course, people skills.

Business administration professionals need to have a big-picture understanding of how their organization operates, giving them the perspective to make the right decisions.

At the same time, he or she needs to be proficient at basic administration skills to ensure the business's day-to-day activities run smoothly.

It's a well-paid and rewarding career for those who are looking for a career to grow within the business environment.

Training as a business administration professional is an optimal starting point for anyone who is looking to improve their overall business skills, and who wants to poised themselves for upward growth within their organization.

Careers in the profession vary widely, and include positions in management, marketing, finance, accounting and human resources.

Those who start with a practical background in business administration can become accounting or bookkeeping assistants, marketing



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assistants, and office managers — among many other positions. An office manager in Alberta can earn a median wage of \$24 per hour.

A strong education in the field is your first step toward a great job. The Business Administration Management diploma program at CDI College will give you the practical skills and knowledge to become a business administration professional.

For more information about the Business Administration Management program at CDI College, call 1-800-360-7186 or visit study.cdicollege.ca.

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New diploma offers skills needed for career in social work

The program's unique multi-cultural perspective encourages students to focus on broader social issues

Bow Valley College has a long history of delivering programs designed to help communities, and they are proud to add social work to the roster.

The social work diploma program at BVC is a two-year accredited program that provides comprehensive preparation for a career in social work.

"With a unique multi-cultural focus, graduates will become well-versed in practicing within an anti-oppressive framework that is supportive and empowering," says Thalia Anderen, program coordinator, social work, School of Community Studies, BVC.

As a social worker, students will learn how to actively engage with others to help themselves.

This social work diploma helps individuals, families and communities, addressing broader social issues such as poverty, homelessness, addiction, unemployment, and family violence.

In addition to learning the skills for social work practice through the social work diploma at BVC, students will develop a unique multicultural focus with intercultural values and knowledge.

Upon completion of the diploma, learners have the ability to further their education through the completion of a BSW, MSW and/or PhD.

The program is being brokered from NorQuest College in Edmonton.

"Because NorQuest's social work diploma program is accredited, our graduates will be eligible to register with the Alberta College of Social Workers (ACSW) upon completion of the program," says Anderen.

Anderen says individuals should choose BVC for this program because BVC takes a learner-centred and outcomes-focused approach to learner success and offers a comprehensive portfolio of Learner Success Services, including a strong counselling team, an academic advising centre, assistive technology and specialized support services, and an Aboriginal centre.

"BVC's motto is Any time, Any Place, Any Path, Any Pace, which focuses on the individual needs of learners to be successful in their coursework and beyond," says Anderen.

"BVC is committed to ensuring best practices in all programs, which will be carried out in the new social work diploma program."

The first cohort of students will begin in September 2016.

This program is two-years and contains two practicum placements.

There is also transferability with University of Calgary should students wish to continue their education in a BSW program.

For more information about this new program, visit bowvalleycollege.ca/socialwork.

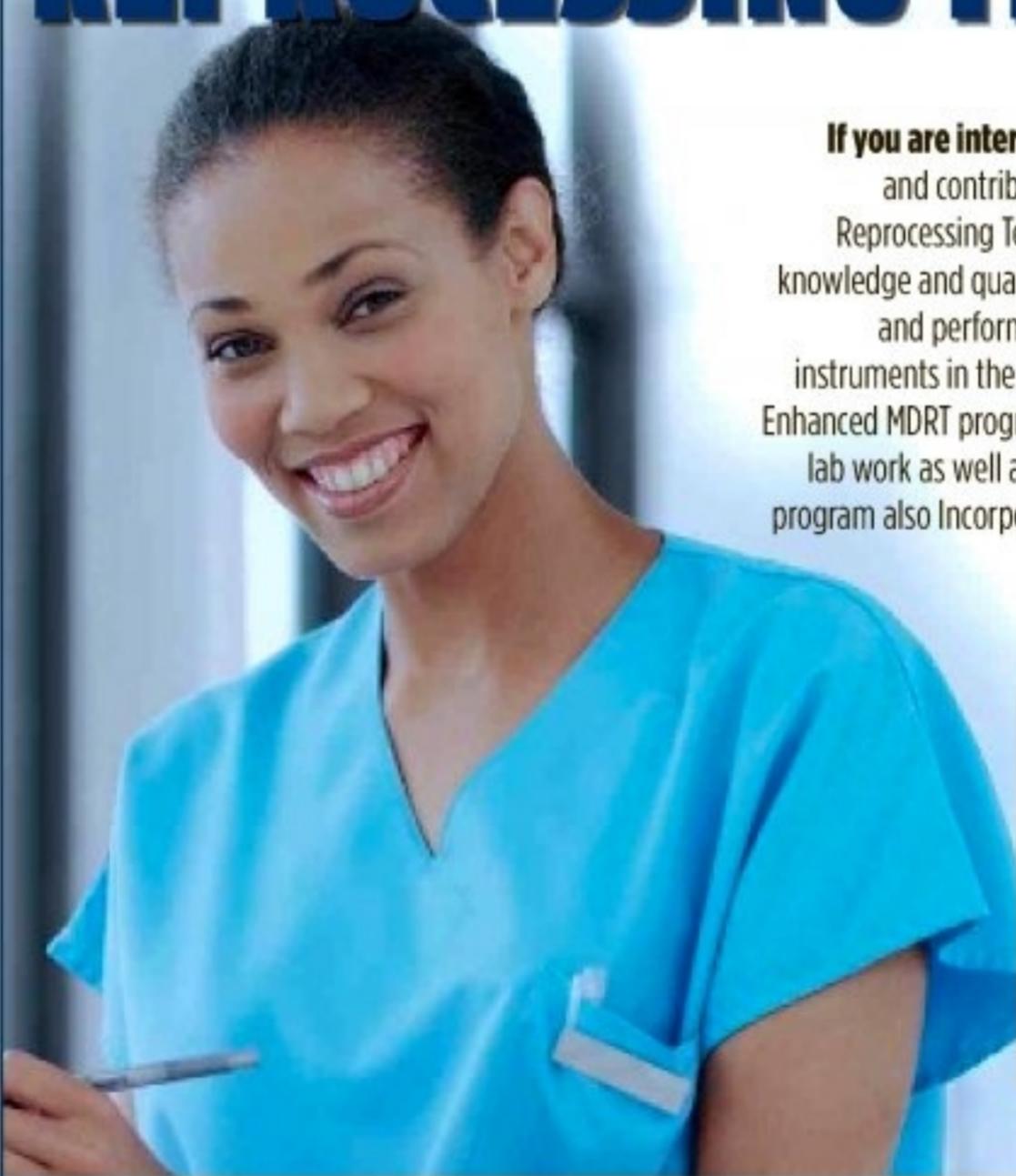


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Keeping your student mind sharp over the summer

Maintaining focus and concentration on a daily basis in university or college is a stiff test for the majority of students. Whether it's exam study sessions, making deadlines or managing personal matters outside the classroom, staying alert and sharp for the entirety of an academic year is tough.

So what happens when the days get sunnier and summer opens its welcoming school-free doors? Many students will be tempted to party, relax and completely forget about student life but it's probably wise not to cut oneself off completely from your studies. Keep your future in mind and find a way to integrate activities and experiences into your summer that will prove beneficial to your future career.

"Look at your overall, long-term career goals and see if you can do something in the summer that's going to help you build experience or gain qualifications in that area," says Patsy Valenzuela, supervisor for career, education and employment development at Calgary's Mount Royal University. "It could be as simple as volunteering one day a week in an area that you are interested in. Or it could be taking a



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short course that moves you closer to your career goal."

For some the summer will be about working and saving money for the upcoming college or university year. This is

understandable but all students should remember that keeping your brain active is also vital for your transition into the next step of your post-secondary education. Give your mind a workout whenever you

can this summer and resist the temptation to indulge in partying too much. Take brain training drills online or read a book that relates to your studies.

Ultimately, students should enjoy their time off. Recharging and rejuvenating oneself is paramount if you plan to keep your academic appetite healthy. Be careful not to put too much emphasis on course-related matters during your time off as you risk returning to university feeling frazzled and unsatisfied.

Danika McConnell, president of the student association at Edmonton's McEwan University, advises students to find the right mix of healthy habits and interaction with loved ones during the break.

"Entering into the summer months be mindful of your own health, your mental and physical wellness," says McConnell. "When you do come to the end of August you'll be energized and ready for your full semester. Catching up with family and old friends can also help as can engaging in old hobbies. All of this benefits you when it's time to put your nose to the ground and focus."

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Traditional Chinese medicine institute plays host to Qi gong seminar

The Canadian Institute of Traditional Chinese Medicine (CITCM) is honoured to host Dr. Steven K. H. Aung for a special TCM Walks & Talks seminar titled "Gong with Aung."

"Dr. Aung is a very special human being, I have had the pleasure of being in one of his Qi gong classes previously," says Dr. Janice Brown, dean of academics, CITCM.

"He is a dynamic and engaging speaker with vast knowledge and wisdom, being in his presence is palpable."

Aung is a pioneer in the integration of western, traditional Chinese and complementary medicines; as well as a respected physician and teacher at the University of Alberta in the Faculty of Medicine and Dentistry.

"We have heartfelt appreciation for his efforts to share time and peace with our school and community."

This seminar is set to take place at CITCM on June 16 from 6 p.m. until 9 p.m.

Everyone is welcome to join Aung during a three-hour guest lecture presentation.

CITCM offers the WE integrated phil-



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osophy acupuncture and DTCM (doctor of traditional Chinese medicine) diploma, as well as the 2,200 hours massage diploma that incorporates Western and Eastern medical knowledge into holistic healing.

For those interested in learning more about the massage program, attend the massage open house on June 8, from 5:30 to 8 p.m. at CITCM. Call today.

For more information about CITCM, call (403) 520-5258 or visit citcm.com.



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Online education removes barriers to learning

Robertson College Online is a successfully growing Canadian campus providing quality online post-secondary education in the areas of business, health care and information technology.

"Online education allows students with a variety of backgrounds and experiences to take courses and programs without some of the traditional barriers to attending, such as moving to the city or long commutes to school," says Keith McConnell, campus director, Robertson College Online.

"At Robertson, we recognize that everyone has the right to achieve post-secondary education and we try hard to provide an offering to meet the needs of the students and match that with industry needs to grow the knowledge of our communities."

To meet the diverse needs, Robertson College Online offers programs in key areas of the economy like business, IT and health care, with new programs being added regularly, such as the new community support worker program, accounting and payroll administrator program, and administrative professional/bookkeeper program.

"When a program makes sense to be delivered in an online format we make sure we can deliver a high quality experience that is the same as an in-person traditional campus program," says McConnell.

"To assist, we now offers 10 start dates a year for new students and programs, this helps us meet the needs of employers so that as you graduate you will be provided opportunities for employment in your field of study."

Online education is ideal for anyone who has other commitments during traditional school hours (8 a.m. to 4 p.m.) and wants to pursue a college diploma.

"The student is provided with a weekly structure to ensure they complete full time studies while providing flexibility to complete their studies based on their schedule each day," says McConnell.

Many of the Robertson College Online programs are eligible for provincial student aid funding as well as Canadian student loans.

In addition Robertson College offers no interest payment plans to eligible students.

All students receive one on one personal support by staff at Robertson College to assist them in exploring all the financial options available.

For more information about Robertson College Online and the programs available, visit robertsoncollege.com.



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Learn hands-on skills in massage therapy program

The ABM College massage therapy program is designed for those who have an interest in the human body, working with and helping others.

"People of any age can enter the program and can graduate with a great career for life," says Renee Simons, RMT, lead instructor for ABM College massage therapy program.

ABM offers two diplomas in massage therapy; year one graduates have 1,155 hours and year two offers an advanced massage therapy program that is 1,200 hours.

Students of the massage therapy program learn various communication and interpersonal skills and well as human anatomy and physiology, kinesiology, hydrotherapy, pathophysiology, and a wide range of hands on techniques.

"ABM is a great choice for massage therapy because we have an in-house clinic where students get real life training and experience," says Simons.

The student clinic is a great opportunity for the public to receive a massage at a discounted rate (\$30 for a one-hour massage) and help out



ABM students learn the much needed hands on skills.

Because ABM has two individual programs, RMT's who are currently working in the field and want to upgrade to 2,200 hours they can enroll in the advanced massage therapy program.

Programs run in the morning or evening making it possible to fit any work schedule.

The next intake begins in September and each year runs about 44 weeks.

Public can book an appointment for the student clinic by calling 403-717-0647, or email massage@abmcollege.com.

For more information, call 403-719-4300, or visit abmcollege.com.

Become a financial decision maker

Rewarding, in-demand positions are drawing young professionals to the field of financial administration.

The career is especially suited to those who are looking for a new career path that will give them responsibility and positive challenges.

Individuals who enjoy math and have an eye for detail are needed in the field.

Financial administrators also need to have a bigger picture view of their organization. The best will use their knowledge of the inner workings of the organization's finances to help inform managerial decision making.

Working with people is another important aspect of the job. Whether you're working with clients, management or colleagues, it's essential to have teamwork and professional business communication skills.

Roles in the field of financial administration vary widely, and include accounting clerk, audit clerk, bank clerk, and payroll officer.

The job's benefits include a good salary. A payroll clerk in Alberta makes a median wage of about \$25 per hour.

No matter the position, financial administration professionals bring a range of talents to their jobs, including bookkeeping skills,



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and up-to-date software skills including Microsoft Office Suite programs Excel, Word and Outlook.

The Accounting and Payroll Administration program at Reeves College is an immersive program in accounting and payroll fundamentals that provides its graduates with the skills and knowledge they need for a rewarding career.

For more information on the Accounting and Payroll Administration program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

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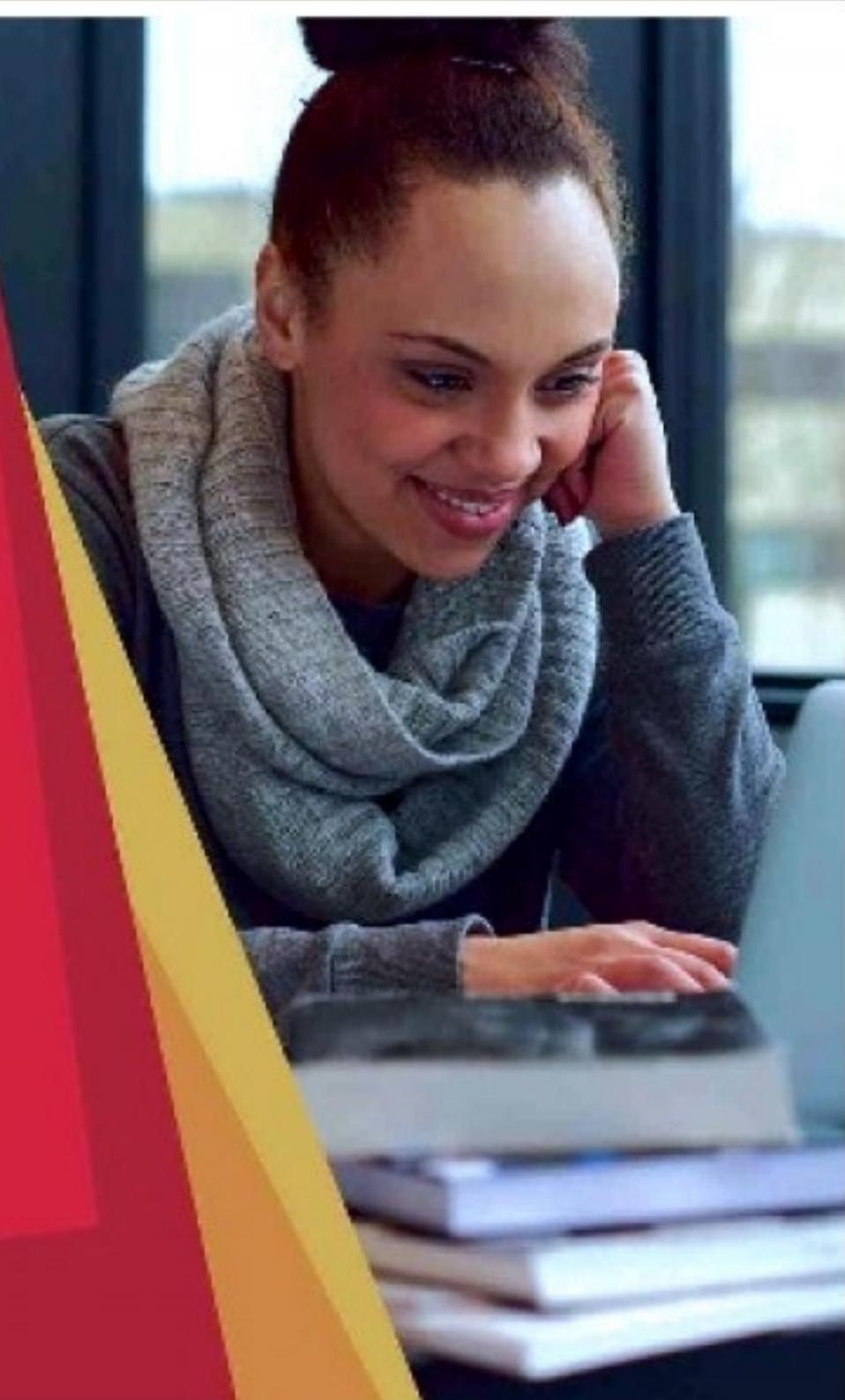
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- Health Unit Clerk

- Legal Assistant
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Wordpress classes make website success easy

Setting up and maintaining a website is easier now than ever before.

Sites like WordPress make it simple to get a website up and running for those individuals who have no knowledge or experience with coding.

Mount Royal University Faculty of Continuing Education and Extension offers a number of courses in WordPress to help get you started.

"There are three WordPress courses I offer at Mount Royal, all intended for those with little or no web experience but who want to (or must) develop or maintain a website," says Warren Clendining, senior instructor, MRU, and freelance writer and web designer.

"The courses are specifically tailored for small business owners who wish to take their business online, or who have an existing website and who want to upgrade and maintain it."

The first course is an introduction to WordPress and takes students through all the steps to set up a basic WordPress website.

The second course is WordPress for business — this course assumes you have taken the Introduction course and explains how to make your site successful on the Internet.

And the third course is designing in WordPress — this course explains how to customize your WordPress site's appearance.

These hands on courses are designed for



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non-programmers. Each of these courses is 12 hours long and currently offered over a single weekend (Saturday and Sunday).

"Detailed instructions are provided for all steps so the student can work through at

their own pace if they wish," says Clendining.

Class sizes are small enough for plenty of one-on-one assistance available.

For more information about these courses at MRU, visit conted.mtroyal.ca/wordpress.

Up your leadership abilities with two new project management courses

Project management as an industry continues to gain relevance as an important business practice.

Mount Royal University Faculty of Continuing Education and Extension is now offering two new courses in project management to help individuals looking to expand their leadership abilities.

Both the best practices in project management and the strategic planning for project managers are required courses in the new project management professional development seminars certificate of completion.

The strategic planning for project managers course will provide students with practical strategies, techniques and insights to facilitate strategic thinking and planning.

"It is designed for project management teams to get exposure to strategic planning



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— an element emphasized in the business/senior management roles but not so much in the project management world — and is

The best practices in project management provides students with the tools and techniques to assist them with capturing best practices, implementing continuous improvement measures, and creating a road map for project management excellence.

"This course is designed for practicing project managers who are PMP certified and are practicing project managers," says Blanka Evanson, instructor of project management at Mount Royal University.

"The course is structured for students to share their various experiences and identify best practices for their own unique situations.

These courses are set to run in the fall of 2016.

For more information about these new project management courses at MRU, visit conted.mtroyal.ca/projectmanagement.

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Finding the right work/fun balance for the summer break

Being released from college or university for the summer can be a very liberating feeling.

Initially it's good to enjoy your time off but sooner rather than later, rigid as it sounds, students should figure out a work-to-fun ratio for how they plan to spend their summer. Obviously, this ratio changes from individual to individual based on personal circumstance so act according to where you live, what you need to live and how strong family's financial situation is.

Experienced student Lindsay Vandewater offered up her opinion. "Do things in moderation and be mindful that a new school year is around the corner," says the double major in psychology and biology at St. Mary's University in Halifax.

"Summer months are usually when students want to have fun with friends and travel but keep in mind that most students will still have to pay rent and/or tuition so motivate yourself to stay on a budget."

Students should evaluate how productive their most recent post secondary year was and go from there. If you genuinely feel you need to study more then do so, or take a course to sharpen up for the fall.

On the other hand if you feel satisfied and content with your work rate then earning extra money will broaden your recreational options and activities for the summer ahead and possibly allow you to purchase some luxuries throughout the upcoming term on campus.

"Looking at the historical ratio between average income available to a student — even if they are working full time — and the cost of a post secondary education, there is quite a bit of disparity these days," says Ava Nasiri, the president of the Alma Mater Society for students at UBC Vancouver.

"It's often something students neglect but it's really important for them to have their finances balanced. This isn't always possible as every individual has a different story and a different financial situation. It's definitely tougher in today's world for students to pay their own way through university education."

Regardless of how tricky it can be or how you choose to strike your work-play balance this summer, just make sure to err on the side of caution and put your studies first.

Securing those post secondary qualifications should be your foremost future goal so promise yourself that a negligent or indulgent season doesn't dent or hinder your chances of achieving that goal.

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SPORTS

The Los Angeles Angels are reportedly close to signing Tim Lincecum, a two-time Cy Young winner trying to come back from hip surgery

No rest for the weary

RAPTORS EAST FINAL PREVIEW

Fresh Cleveland team awaits battered Toronto club

It was a seven-game drag 'em out series that featured a slew of injuries and had coach Dwane Casey comparing it to a boxing match.

And now, just two days after finally knocking out the Miami Heat in a gruelling NBA Eastern Conference semifinal, the Toronto Raptors take the court against the well-rested Cavaliers.

The Raptors tip off their first-ever conference final on Tuesday in Cleveland, against a Cavs team that has enjoyed a nine-day break.

"You always take rest over rust in the playoffs," Casey said. "I've never been with a team that's had nine days off. Hopefully they're a little rusty and game-rusty. But sooner or later, that rest is going to kick in and be a plus for them."

"We have to go in with our guns a-blazing, playing hard and playing to our identity, and let the chips fall where they may."

The Raptors went the full seven games in each of the first two rounds of the playoffs, capped by their thrilling 116-89 victory over Miami on Sunday.

Top-ranked Cleveland has



Raptors forward Patrick Patterson defends against Cavaliers point guard Kyrie Irving on Feb. 26. The Raptors won two of three games against the Cavs this season. CLAUS ANDERSEN/GETTY IMAGES

yet to lose in the post-season, sweeping Detroit and then Atlanta.

The Raptors have recent history on their side. They won the regular-season series against the Cavs 2-1, and saw big games from Kyle Lowry. Toronto's scrappy point guard averaged 31 points on 66 per cent shooting, and had the highest player efficiency rating of anyone who played at least 10 min-

utes a game against the Cleveland in the regular season.

But the post-season has been costly. Toronto lost starting centre Jonas Valanciunas to a badly sprained ankle in Game 3 against



77
The Cavs hit 77 threes in their four-game sweep of Atlanta. The Raptors, on the other hand, were second last in defending the three in the regular season.

THE ASSOCIATED PRESS

NBA

Towns unanimously voted rookie of year

Minnesota Timberwolves centre Karl-Anthony Towns is the unanimous winner of the NBA Rookie of the Year award.

The league made the announcement Monday, giving the Wolves back-to-back honorees after forward Andrew Wiggins won the Eddie Gottlieb Trophy last season. The seven-foot Towns received all 130 first-place votes from a panel of sports writers and broadcasters in the United States and Canada.

New York's Kristaps Porz-



Karl-Anthony Towns
GETTY IMAGES

ingis finished second, and Denver's Nikola Jokic was third.

The 20-year-old Towns averaged 18.1 points, 10.7 rebounds and 1.7 blocks, helping the Timberwolves win 13 more games than the season before.

THE ASSOCIATED PRESS

IN BRIEF

MLB officer: Discipline surely to follow big melee

MLB chief baseball officer Joe Torre says discipline is obviously coming for those involved in Sunday's melee between the Toronto Blue Jays and Texas Rangers, "hopefully" as soon as Tuesday.

Torre said of the punch that the Rangers' Roughned Odor connected with the jaw of Toronto's Jose Bautista, "it certainly wasn't pretty and I hate seeing that stuff."

THE ASSOCIATED PRESS

WORLD HOCKEY CHAMPIONSHIP

Canada flawless through six games

Canada downed France 4-0 Monday at the world hockey championship, setting up a winner-take-all matchup with Finland for first place in Group B.

Calvin Pickard made 13 saves to pick up a shutout as Canada improved its record to 6-0, tied for first place in the group with the Finns at 18 points.

Canada and Finland meet Tuesday in the final round-robin game for both teams. The winner will face the fourth-place team from Group A in the quar-

Preliminary round

4 CANADA 0 FRANCE

ter-finals.

In Group A action, host Russia recorded its fifth straight victory with a 3-0 win over Norway to move into a tie with the Czech team for first place with 15 points. THE CANADIAN PRESS

NHL PLAYOFFS

Sharks cry foul over refs' non-calls

The San Jose Sharks got just three power plays in their Game 1 loss to open the Western Conference final, and no call when Joe Thornton's bushy beard got tugged on by St. Louis Blues captain David Backes in the first period.

"I'd like to see (Valanciunas return), I'm not committing to it," Casey said. "Just have to see how his body reacts, comes through rehab. To cancel him out for the entire series, I don't know."

Without the starting centre's post-up presence, the Raptors will have their hands full with Canadian Tristan Thompson and Timofey Mozgov.

DeMar DeRozan is also battling a thumb injury that requires wrapping during every timeout to relieve the swelling by the team's sport science guru Alex McKechnie and his famous red shoelace.

DeMarre Carroll, who was acquired last summer for his defensive intensity, was huge in containing Dwyane Wade and Joe Johnson in Toronto's do-or-die Game 7. But he faces a mammoth task in containing Cavs star LeBron James. He also missed more than half the season with a knee injury, and then sprained a wrist in Game 5 against Miami.

"He's still kind of feeling his way as we go offensively, but his hustle, his hard play, his timely three-point shots are a big part of what we need and why we signed him," Casey said. "He's exactly what we need at that position, to guard some of the power threes in this league." THE CANADIAN PRESS



Just seeing whose was real and making sure they weren't glued on

Blues captain David Backes on tugging the beard of Sharks centre Joe Thornton

The Blues were the ninth-most penalized team in the regular season and they've got the second-most minutes in the post-season, although they've played more games than anybody.

Blues coach Ken Hitchcock, informed of those comments, wanted to know whether DeBoer was "whining for calls."

"Well, we were told not to whine for calls, so we're not going to whine for calls," Hitchcock said. "We'll play the game, we'll play it the right way, we'll play it honest, but we'll play it hard, let the refs decide."

Five minor penalties were called, three on the Blues, and there were none in the second period when the Sharks were at their best, ringing up a 16-6 shots advantage but coming up empty and falling behind for good on Jori Lehtera's unassisted goal.

THE ASSOCIATED PRESS

RECIPE Turkey and Sweet Potato Skillet Dinner

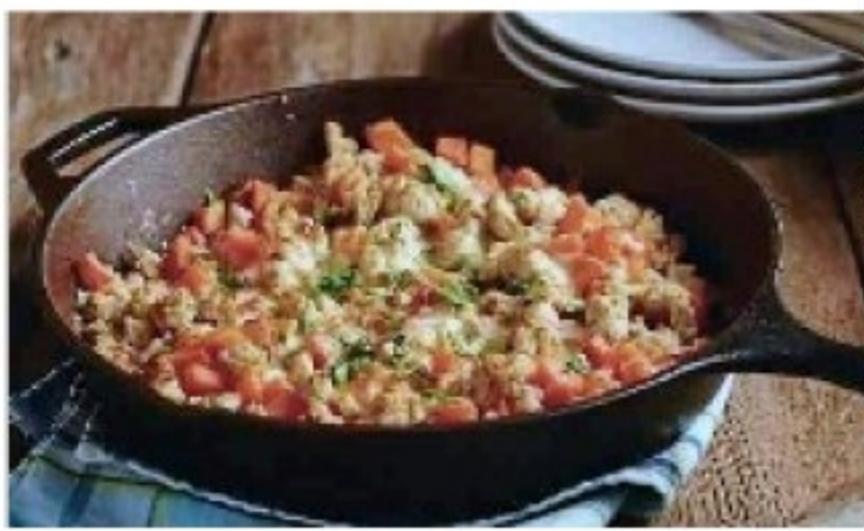


PHOTO: MAYA VISNY

Ceri Marsh & Laura Keogh
For Metro Canada

The marriage of savoury turkey and sweet potato is definitely charmed but it's the topping of gooey mozzarella that makes this easy dinner perfect.

Ready in

Prep time: 5 minutes
Cook time: 15 minutes

Ingredients

- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 Tbsp chili powder
- 1/2 cups yellow pepper, diced
- 1/2 cups sweet potato, peeled and diced
- salt and pepper
- 1/2 cup mozzarella, grated

Directions

- In a large, oven-safe skillet,

brown your turkey over medium heat, breaking it up as you heat it. Cook for about 5 minutes. Add onions and garlic and cook for another 5 minutes. Sprinkle the chili powder over top and give it all a good stir.

2. Add the yellow pepper and allow to soften for another 3 minutes. Stir in sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.

3. Sprinkle the grated cheese over top. Turn broiler on. Place the skillet under the heat for a minute or two — watch it! — until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

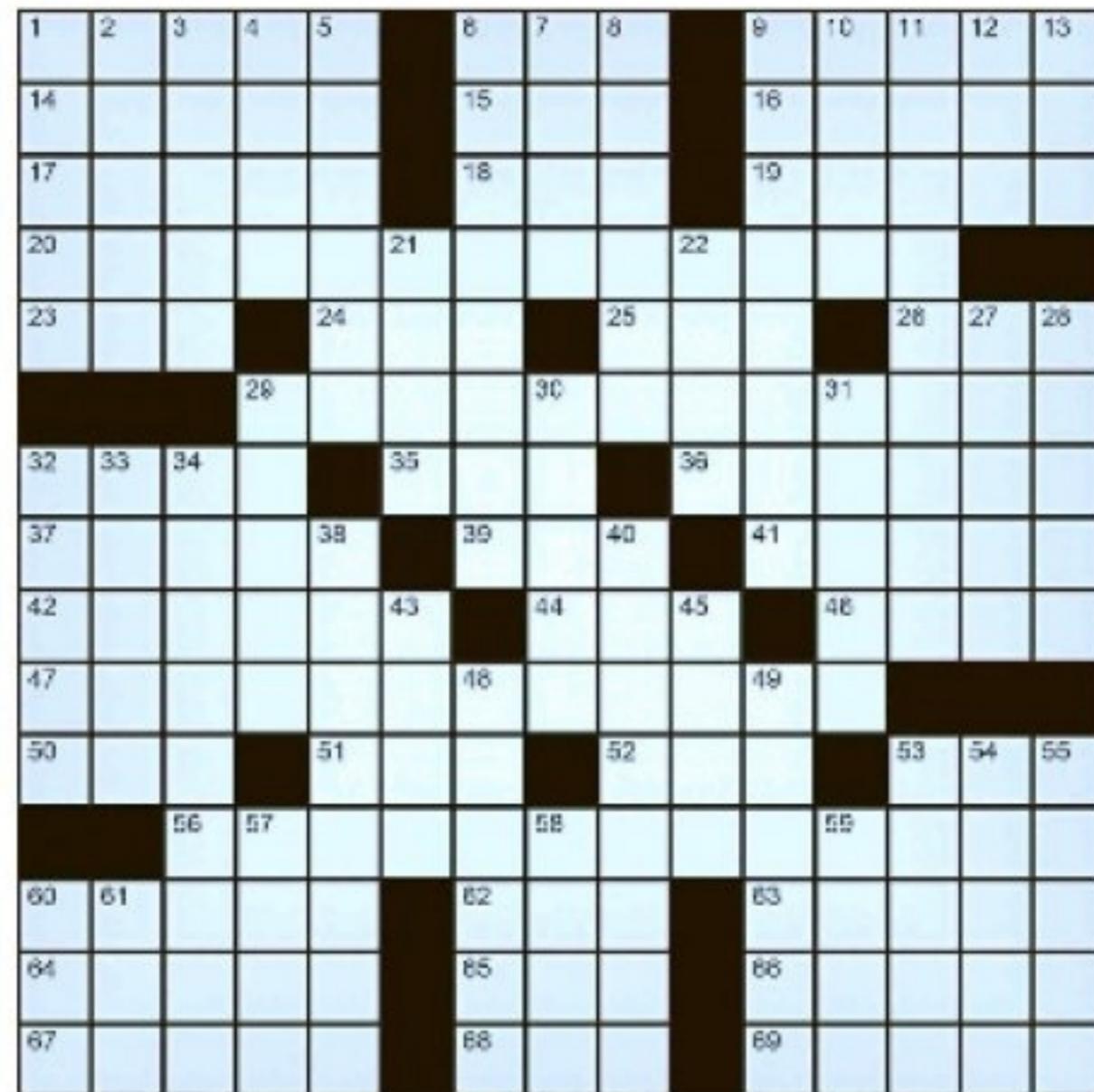
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Mr. Chipmunk of novelty tunes
- Towel holder
- __ the toy, as a kitten
- Songstress Ms. Lewis
- Prefix with 'dermis'
- Figure of speech
- Cordiality
- Blockers
- Skincare brand
- She stars as Jason Priestley's character's wife on new Family Channel comedy "Raising Expectations": 2 wds.
- __ break
- Latin: At the age of [abbr.]
- Prince William's lil' brother
- Tip to 'doo'
- 1986 movie starring the actress at #20-Across: 3 wds.
- Italian actress, *Virna* __
- "Phooey!"
- Gas tank filler
- Music: Speed up gradually, briefly
- "__ & the Women" (2000)
- Mediterranean island
- "Hero" singer Ms. Carey
- Poet mr. cummings, et al.
- Prezzes
- "Beverly Hills, 90210" character played by the Vancouver-born star at #20-Across: 2 wds.
- School yr. part
- Caesar's 56
- "Lady Marmalade" co-singer
- French 'friend'
- The actress at #20-Across served detention in this 1985 hit flick, with *The*: 2 wds.
- Los Angeles, __
- Traditional tree
- Presses
- Guitarist, Lenny __ (b.1941 - d.1984)
- Alkali
- "Open __" (2003) directed by Kevin Costner
- Certain carpeting
- Ireland's __ Lingus
- Prod: 2 wds.



- Western starring Canadian actor Glenn Ford, "The Man from the __" (1953)
- Fruit wedge
- "Presto!"
- Airport designation, e.g.
- "The Big Bang Theory" star Kunal Nayyar
- Paid
- Receptive
- Small inflatable boat
- 19th-century cir-

- Prod: 2 wds.
- DOWN
- Western starring Canadian actor Glenn Ford, "The Man from the __" (1953)
- Fruit wedge
- "Presto!"
- Airport designation, e.g.
- "The Big Bang Theory" star Kunal Nayyar
- Paid
- Receptive
- Small inflatable boat
- 19th-century cir-

cus legend: initials + surname
10. Botanical casing
11. Kawartha Lakes community in Ontario
12. Pre-May mo.
13. Jeans top
21. Coral formation
22. Oliver Twist, for one
27. Two down, __ go...
28. Gumbo ingredients
29. __ the face (Slapstick maneuver)
30. Flung
31. Fuzzy fruit
32. Clarice Starling's flock
33. "Why should __?"
34. Jumbles
38. Soup serving amount
40. Preparer of Orange Pekoe: 2 wds.
43. Jay Z's "Izzo (____)"
45. Mr. Stalone, et al.
48. Electrical pioneer Mr. Tesla
49. Form of comedy
53. Sing-
54. "In the Summertime" by __ Jerry
55. A Doll's House dramatist
57. US music trade org.
58. Ms. Dunaway
59. Rugged cliff
60. "Survivor" station
61. Mr. Onassis, tiny-ly

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a day for serious, practical discussions with partners, spouses and close friends. People want to strategize how things should be done in the future.

Taurus April 21 - May 21
You will accomplish a lot at work today because you're motivated. It's easy to put duty and obligations before play and fun.

Gemini May 22 - June 21
Romantic partners might discuss the division of labour or how to share expenses. This is because you are in a practical frame of mind and ready to address these issues.

Cancer June 22 - July 23
Someone older, perhaps a family member, might have practical advice for you today. Why not stand on the shoulders of those who have gone before you?

Leo July 24 - Aug. 23
Whatever work you do today, you will do carefully with attention to detail. This is because you want things to be more orderly in your life. Too much helter-skelter is draining!

Virgo Aug. 24 - Sept. 23
With cash flow, you will be practical today. You will not buy frivolous items. Whatever you buy will be long-lasting and useful — for sure.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, dancing with Saturn. This makes duty, orderliness and hard work a priority. (Work hard, party hard!)

Scorpio Oct. 24 - Nov. 22
Research of any kind will go well today because you have the motivation to go after what you're looking for. You will pay attention to detail and maintain a steady focus.

Sagittarius Nov. 23 - Dec. 21
Ask advice from someone older, perhaps a friend. Whatever this person says might affect your attitude toward your future goals.

Capricorn Dec. 22 - Jan. 20
A discussion with a boss, parent or someone in a position of authority will go well today because you will respect what he or she has to say.

Aquarius Jan. 21 - Feb. 19
This is a good day to make travel plans or plans for future education. Work related to publishing, the media, medicine and the law will be productive because you mean business.

Pisces
Feb. 20 - March 20
Tie up loose ends about taxes, debt, insurance issues and inheritance today, because you have the frame of mind to do this. You won't overlook details.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3	4		6		5	9		
7			2					
	5							6
9							4	
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	3						1	
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5						7		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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